Michael Owen's signed England shirt to win!
(It's unwashed!)

Sugar

£1.70 April 1999
BRITAIN'S BEST SELLING GIRLS' MAGAZINE

Meet Nicola our model comp winner

12 page makeover special Discover the perfect look for **you!**

DANGER! The truth behind the tarot revealed

BOYS! BOYS! BOYS!

- ★ ***Hot bods!*** 8 model poster prints for your wall
- ★ Is he more than just a mate?
- ★ Jared Leto gets intimate

A reader's true story

"Bullying drove me to the brink of suicide"

Keep your cool...
even when your skirt's tucked into your knickers!

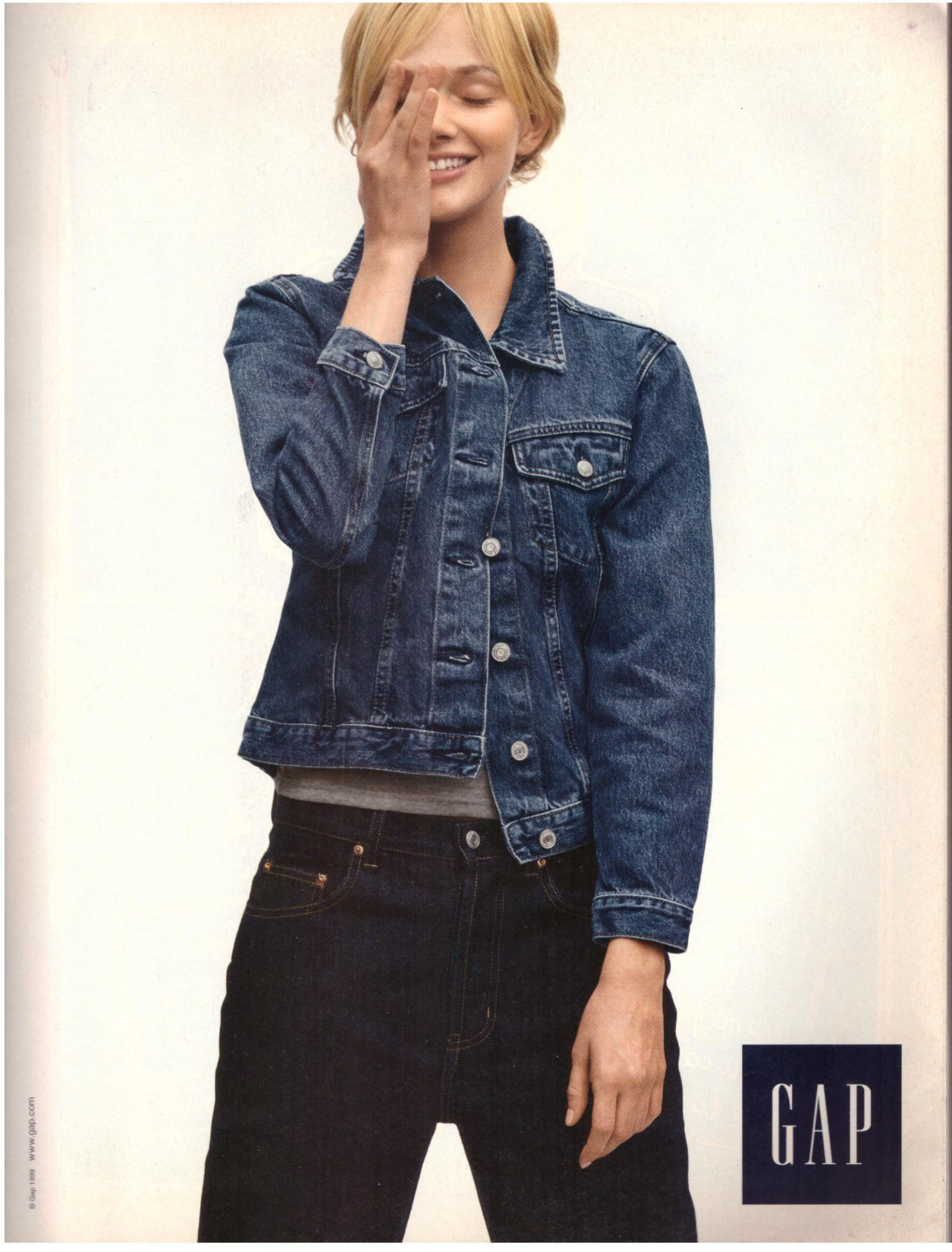
Get famous fast!

101 ways to be a star

PLUS **Buffy** Kavana **Will Smith** Pacey from Dawson's Creek **Dan Corsi**

women's jean jacket | rinsed boot cut jeans

INDUSTRIAL STANDARD. GAP JEANS.



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We admit, there is one place you can lose a tampon.
A handbag is an easy place to lose a discreet little tampon. Along with your keys, lipstick, and the little scrap of paper with that important phone number on it.
But it's physically impossible to lose a tampon inside you. It can only go in so far and no further. What's more, the cord is securely sewn through the length of our applicator tampons, so it should never break off. When it's time to remove, just give it a gentle pull and the tampon will slide right out.
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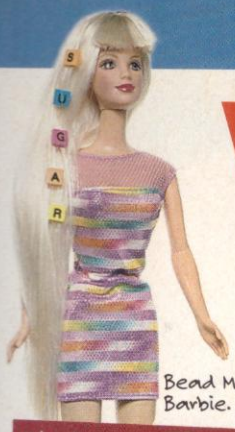
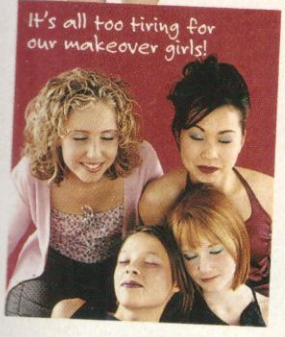


Bead Magic Barbie. Nice hair!

Welcome to Sugar



Now this is what I call a good month! Not only is the gorgeous **Jared Leto** back in a cool new movie called ***Urban Legend***, but **Joshua Jackson**, Pacey out of ***Dawson's Creek***, is starring in it with him! To celebrate (and so we can all have a good ol' drool), we've dedicated four entire pages to the gorgeous ones.

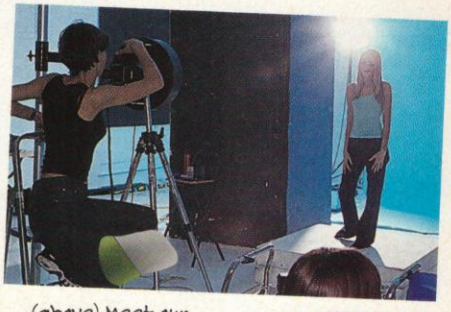
We've also been investigating the **spooky world of the tarot**, giving four of you **spectacular makeovers** and getting the lowdown on **Buffy The Vampire Slayer**. Kick ass!

Oh yeah, and I just happen to have got hold of a certain **Michael Owen's England shirt**. It's smart! **It's signed!** And it's **been sweated in!** Fancy getting your mitts on it?

Answer the question below and keep your fingers crossed!

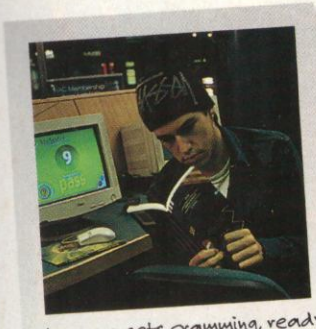
Good luck! See you next month.

Sarah xx



(above) Meet our model winner, Nicola.

(below) Chocolate caramel digestives. Biscuit heaven!

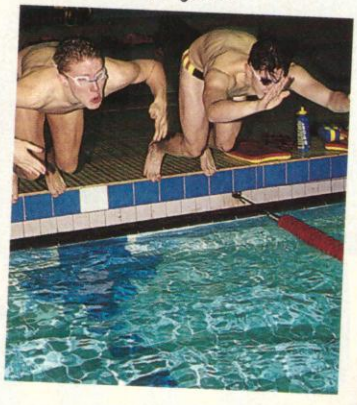


Kavana gets cramming, ready for the **Sugar** challenge.

Win Michael Owen's shirt!

After the shirt off Michael Owen's back? Call **0660 191 952*** and answer the following easy question: **Which Premiership team does Michael play for?**

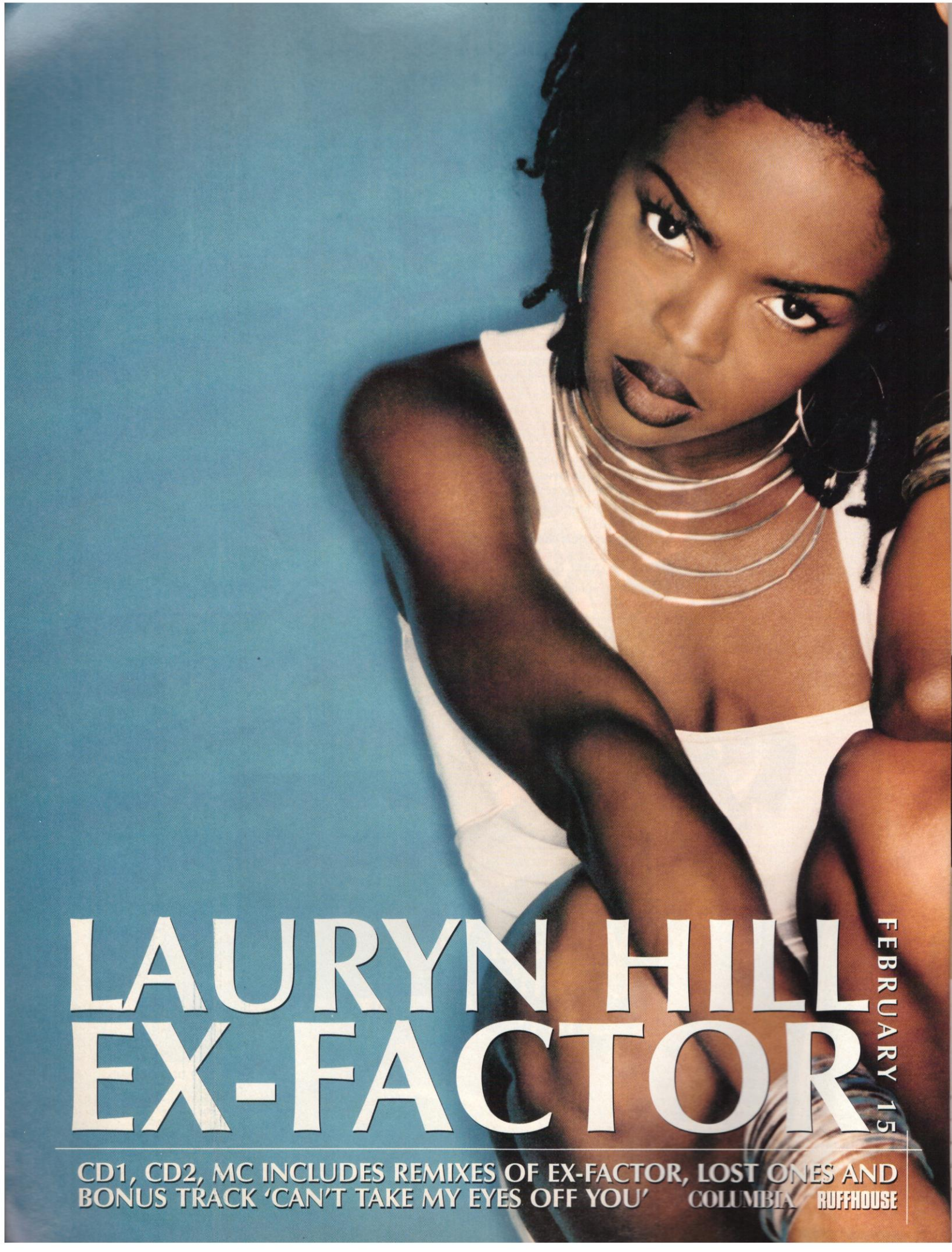
There are even more topless lads on page 24!



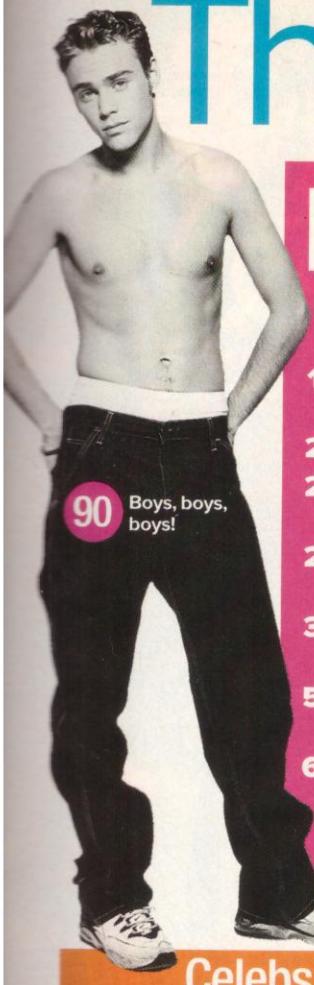
On our cover...
Photo: **Kate Martin.**
Styling: **Jenny Wade.**
Hair and make-up: **Lizzie Court.**
Clothes: **Tammy.**
Model: **The Sugar/miners Face of '99 model comp winner, Nicola Whitbread.**

Thanks to the creative reader who sent us this fab **Sugar** PC.

With thanks to Umbro. Still life photos: **Pete Thomas.** *Calls cost 60p a minute. If you don't pay the bill, ask permission before using the phone. Entry lines close on March 15. To enter by post send your name and address on a postcard to **Sugar**, 17 Berners St, London W1P 3DD.


LAURYN HILL
EX-FACTOR
FEBRUARY 15
CD1, CD2, MC INCLUDES REMIXES OF EX-FACTOR, LOST ONES AND
BONUS TRACK 'CAN'T TAKE MY EYES OFF YOU'
COLUMBIA
RUFFHOUSE

This month



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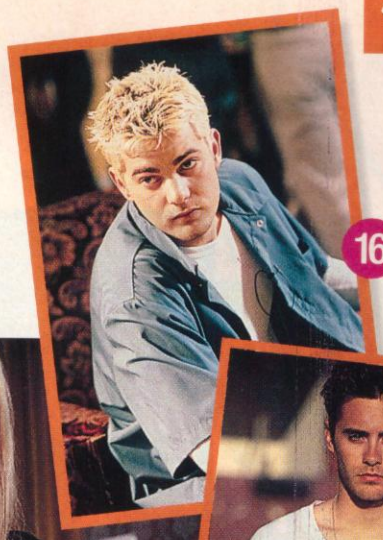
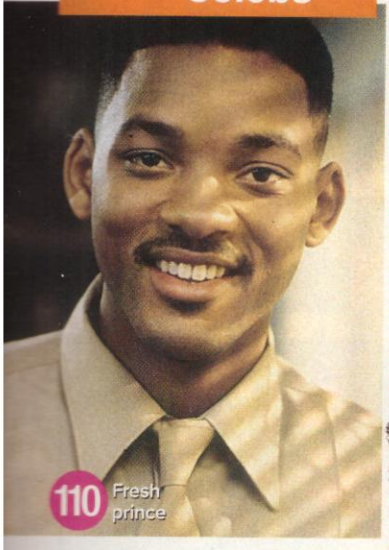


Celebs



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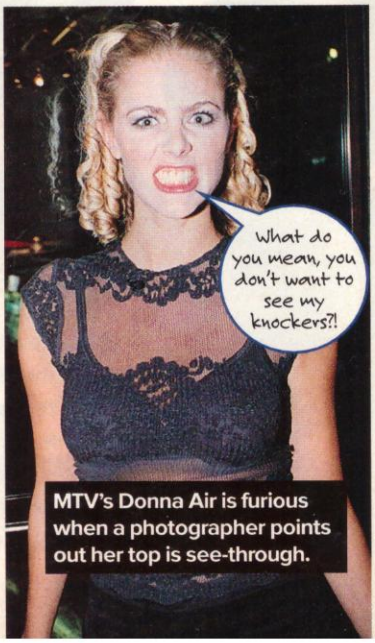
exposed!

Fed up of not being able to join in the latest trend of pop pregnancies, Robbie stuffs a pillow up his jumper and pretends.

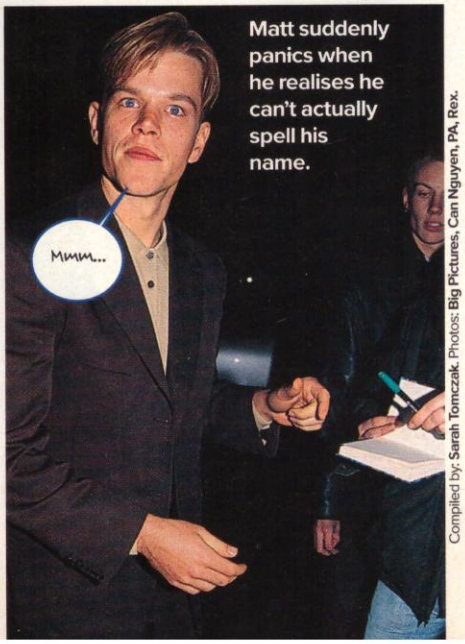
Beppe's life-size Robbie puppet has the rest of the EastEnders cast in stitches.

Wearing only your undies while out on the town is supposed to be way cool, but not when it's long johns, Kate!

Claire Danes hopes that by donning dark glasses, no one will realise the geek's with her.



MTV's Donna Air is furious when a photographer points out her top is see-through.



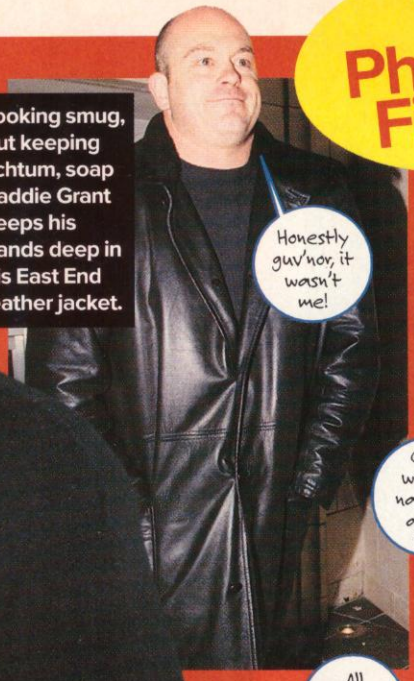
Matt suddenly panics when he realises he can't actually spell his name.

Compiled by: **Sarah Tomczak.** Photos: **Big Pictures, Can Nguyen, PA, Rex.**

The Phantom Fingers

Rumours are flying that some top celebs have taken to giving the two-fingered salute. **Sugar** investigates...

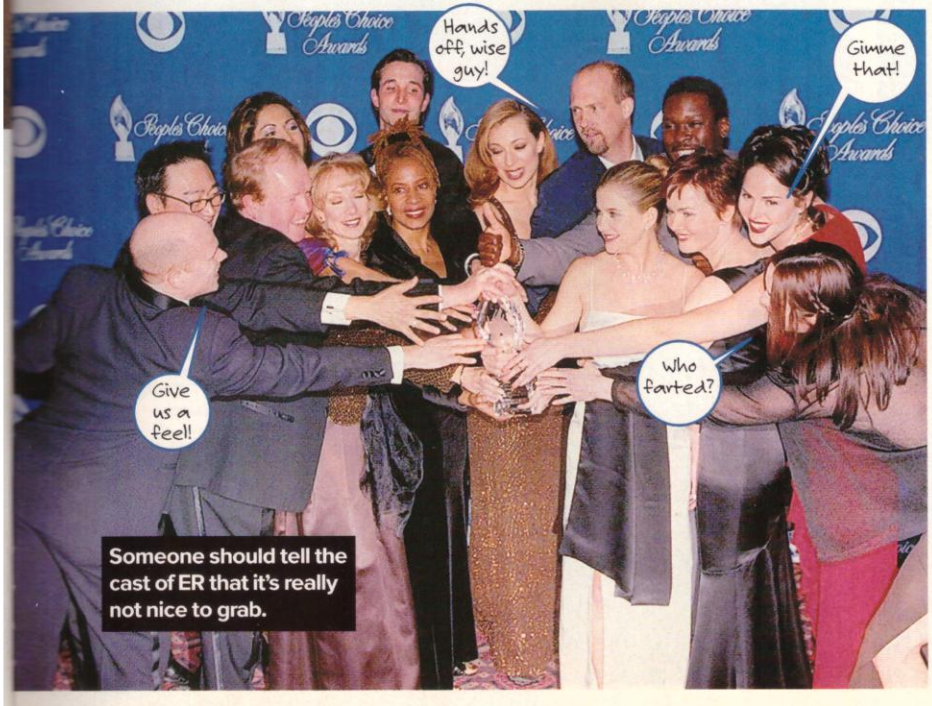
It's a shocker, but even Liam, the bad boy of rock, seems innocent this time.



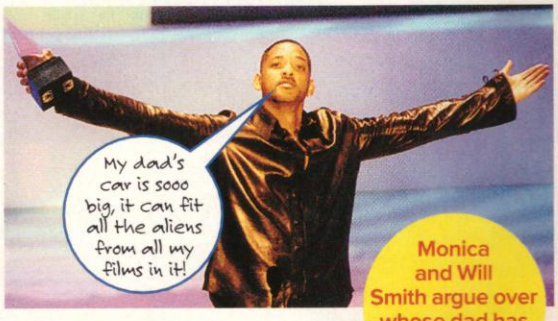
Looking smug, but keeping schtum, soap baddie Grant keeps his hands deep in his East End leather jacket.

Golden boy Kav is determined to prove it's not him and he's even got his mates to back him up.

Aha! Sugar finally uncovers the cheeky culprits in the act. Model Vernon and his Hollyoaks pals James Redmond and Paul Danan get all feisty. Like, we're scared!

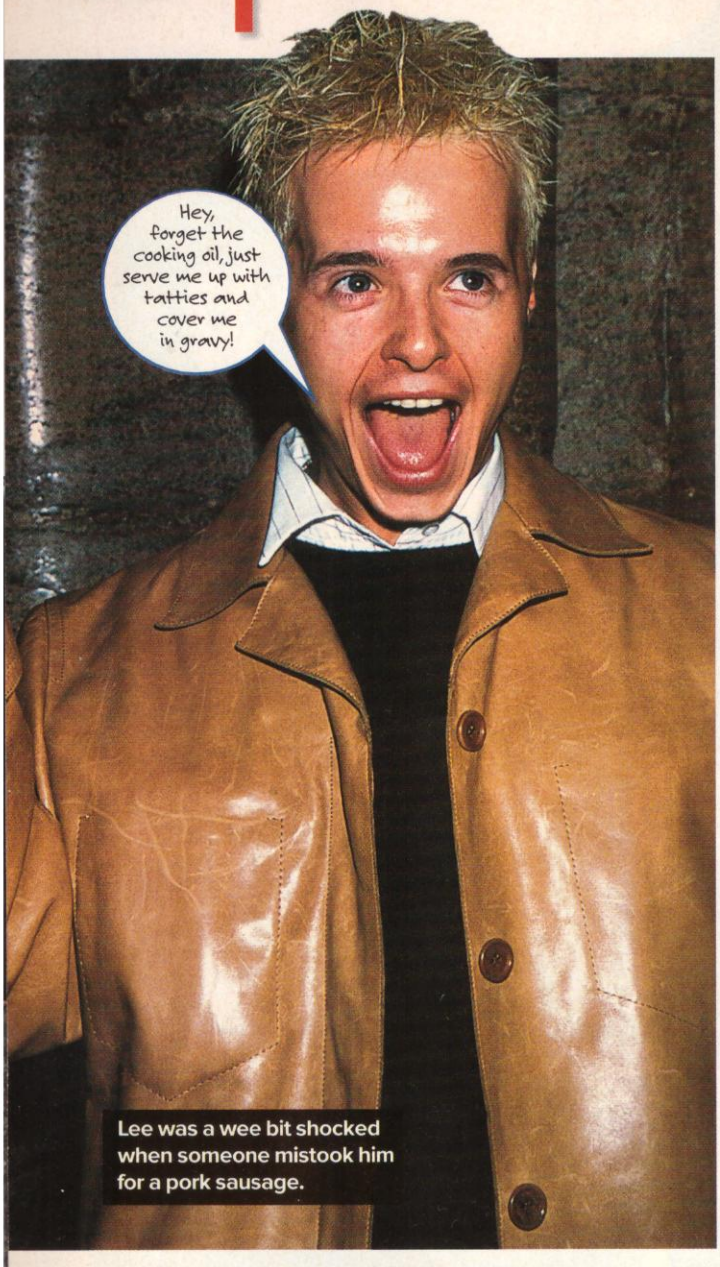


Someone should tell the cast of ER that it's really not nice to grab.



Monica and Will Smith argue over whose dad has the biggest car.

exposed!



Lee was a wee bit shocked when someone mistook him for a pork sausage.

Snow White in danger!

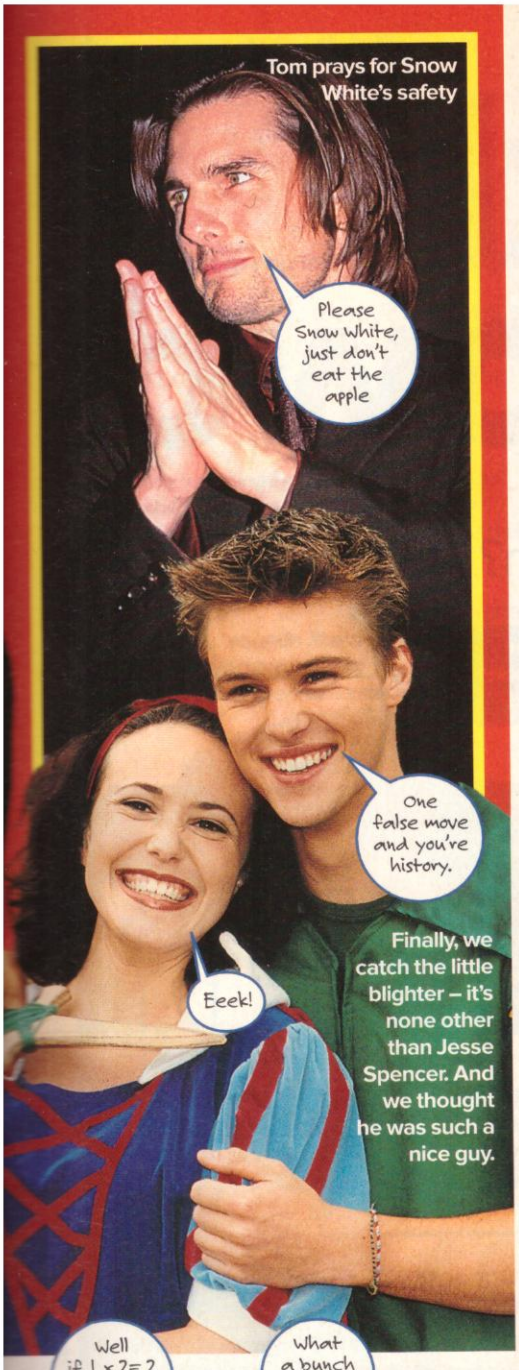
Bad news in celeb land. Someone's out to get Snow White. So who is the evil baddie?

Martine reckons the Mitchell brothers are behind it.
Oww! I bet one of 'em pushed her dahn the stairs.
Hinda swears she's not the bad guy, but her evil henchman gloves give her away.
I erm, I never even met the girl.

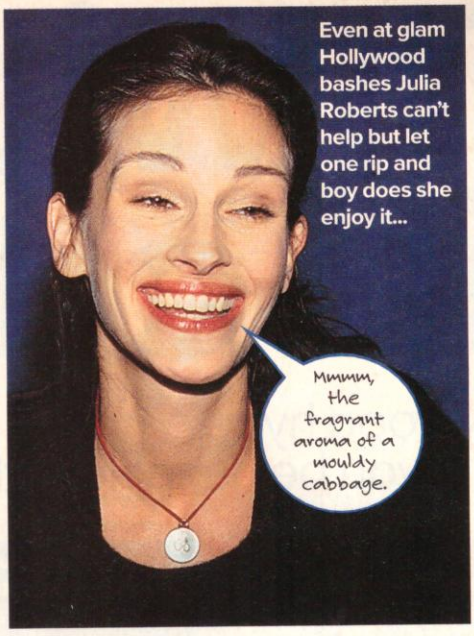
While the rest of the boys play it cool, Nick still can't get over the fact that Howie has been abducted and replaced by an alien lookalike.

Billie and Jen overdose on an amazing new potion that makes your hair grow a mile a minute.
Do you think they'll remember that I had a bob yesterday?
Surely no one's hair's long enough to copy this 'do?

Compiled by: Sarah Tomczack. Photos: Famous, All Action, Retna, BIG, Ablaw, PA, LFI.

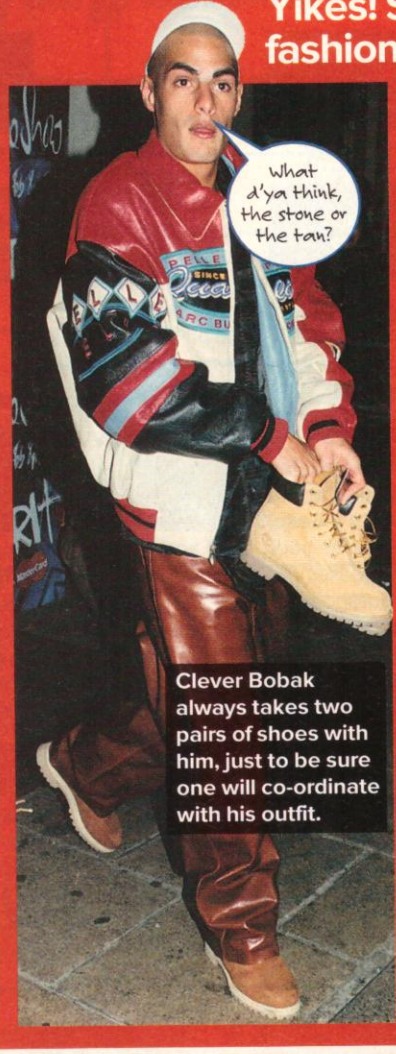

Tom prays for Snow White's safety
Please Snow White, just don't eat the apple
One false move and you're history.
Eeek!
Finally, we catch the little blighter – it's none other than Jesse Spencer. And we thought he was such a nice guy.

Well if 1 x 2= 2 then 2 x 2= must be...
What a bunch of thickos!
Is the answer 2?
This bright bunch of soap stars are finding their two times table pretty hard to master.


Even at glam Hollywood bashes Julia Roberts can't help but let one rip and boy does she enjoy it...
Mmmm, the fragrant aroma of a mouldy cabbage.

Stars and their shoes

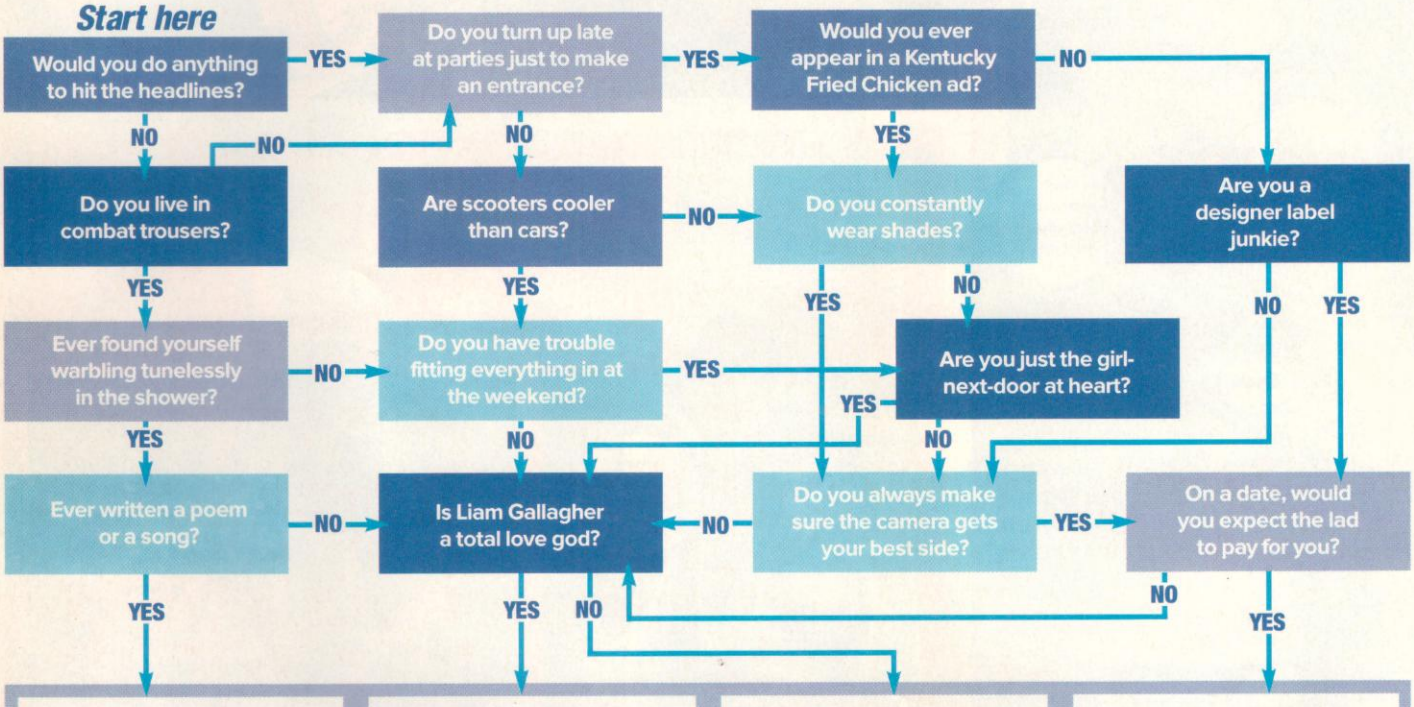
Yikes! Someone call out the fashion police... and fast!


What d'ya think, the stone or the tan?
Clever Bobak always takes two pairs of shoes with him, just to be sure one will co-ordinate with his outfit.

Snuffles, is that you?
Meg gets a shock when she realises that in her haste to get to the shops, she's mistaken her two Yorkshire Terriers for a pair of furry wellies.
Woof!

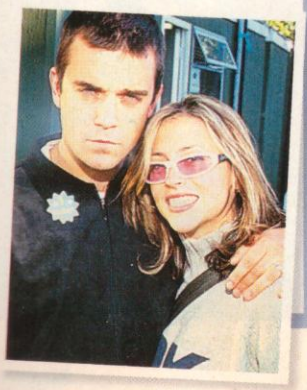
Get in with the in-crowd

Street cool or Hollywood hype? Which clique should you be hanging with?



Pop tarts

You love being up on the latest trends and are obviously musically minded. You'd have loads to gab about with Natalie Imbuglia and the like. Now all you need is a pop star/model/TV presenter boyfriend and you'll have All Saints shaking in their Nike Airs! Other pop tarts: Billie, Robbie, Kavana.



Film luvvies

You were born for a life in the spotlight. You love being the centre of attention but are happy to share it with other film bods, Ewan McGregor, for example! You've already got shouting, 'Dahling!' and air-kissing down pat and are biding your time until you land a juicy film role. Other luvvies: Anna Friel, Jude Law.

Hollywood brats

You love beautiful things and are always surrounded by people who are as popular, talented and gorgeous as you. You know you were destined for greater things and are just waiting for a big producer to discover you, before nipping off to LA quicker than you can say, "Brad Pitt". Other brats: Gwynnie, Winona.

Swanky madams

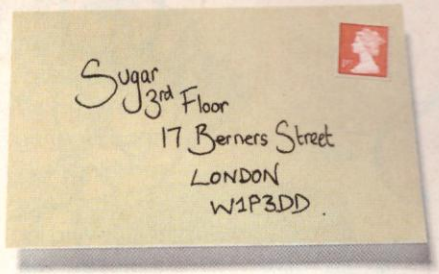
To live is to party, as far as you're concerned. You'd turn up to the opening of an envelope given half a chance. You'd love to be able to party all night and sleep all day but you've got school to go to. One day, though, you just know you'll be rich enough to do exactly that. Other madams: Tara, Ulrika, Tamara, Caprice.

Leader of the gang: Jo Carnegie Photos: Alpha, All Action

over to you

Brought to you this month by Royal Mail.

Got something to say? Send us a letter and pic and instant fame could be yours. Oh, and you'll get a bottle of scrummy Diesel perfume, too!

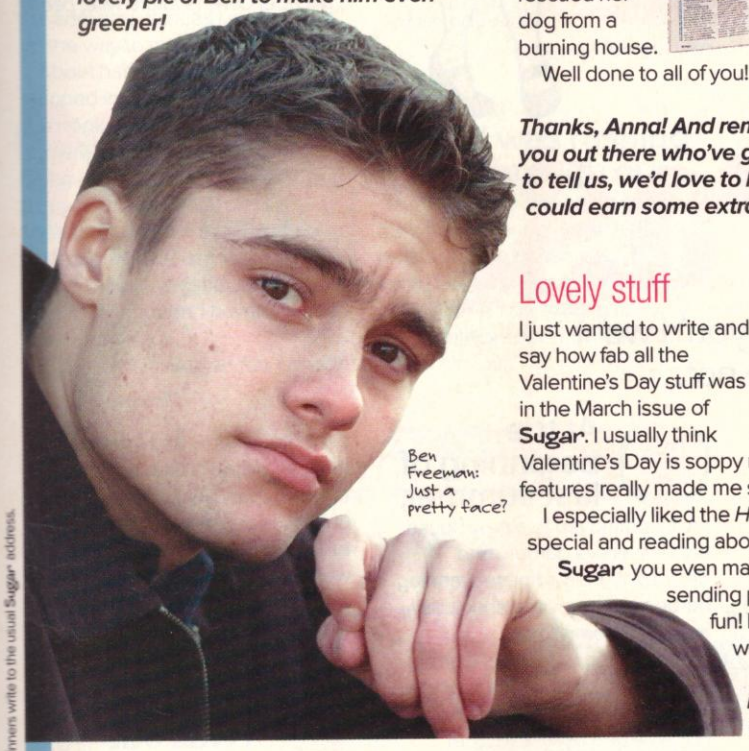


Ben-bashing!

I love watching *Emmerdale* but when the lush Ben Freeman (aka Scott Windsor) comes on, my boyfriend always moans that he can't act. Is he right or just sad and jealous?

Kerry, Birmingham

Hmmm... sounds like a case of the green-eyed monster to us. Here's a lovely pic of Ben to make him even greener!



Real-life heroes

The first thing I turn to in **Sugar** every month is *Your stories*. It's great to see real stories about real people and the girls in it always seem so brave. I really admire them, especially Viki, the girl who rescued her dog from a burning house.

Well done to all of you!

Anna, Brighouse

Thanks, Anna! And remember, any of you out there who've got a good story to tell us, we'd love to hear it and you could earn some extra cash!

Lovely stuff

I just wanted to write and say how fab all the Valentine's Day stuff was in the March issue of **Sugar**. I usually think Valentine's Day is soppy rubbish, but your features really made me smile.

I especially liked the *How Embarrassing* special and reading about Another Level. **Sugar** you even make sad people sending pukey cards seem fun! Keep up the good work!

Claire, London

It'll be a pleasure, Claire!

Why, oh why...

Blimey! Is there anything you lot *don't* want to know?

Q: Why has no one in Ramsey Street noticed that Lily is actually called Mary and used to live with Joe Mangel?

Hélène, Fishguard

A: Probably because none of the Neighbours have got memories as good as yours, Hélène!

Q: Why is it that you can watch TV without a hint of smut all week, then as soon as you're settled on the sofa next to your gran, it's rude stuff a-go-go?

Gemma, Ipswich

A: Dunno, but that's the best time to disappear to the loo and not return!

list it ★ love it!

Wanna get something off your chest? Write a list and send it to us!

Oh, brother!

Lizzy from Wakefield wants to tell the world why a big brother is so useful...

1. He'll sort out anyone who's hassling you at school.
2. He doesn't spend half as much time in the bathroom as a big sister.
3. His new Timberland jacket looks great on you.
4. All your mates are extra nice to you so you'll put in a good word for them.
5. He's a good source of extra cash.
6. He's got a great CD collection that you can borrow.
7. If you get yourself into trouble, you can tell your mum and dad it was all his fault!

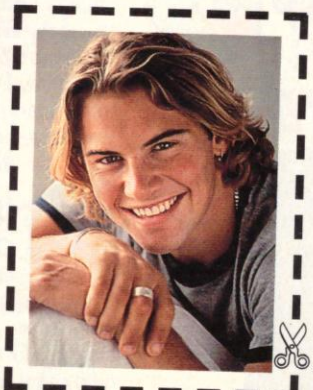
wallet-sized wonder

Daniel MacPherson, who plays Josh Samuels in *Neighbours*, is a total love god and there's a small space in my wallet just waiting to be graced by him. I demand that you print a picture, now!

Suzanne, Lowestoft

Well, we don't normally give in to demands, Suzanne, but seeing as Daniel's so gorgeous we'll make an exception this time.

● If you're after a pocket-sized pic, write to: **Sugar**, 17 Berners Street, London W1P 3DD.



Find out more about Royal Mail's Millennium Collection by calling 08456 060 770 (ref 980LA)

Compiled by: **Charlotte Richards**. Photos: **Foto Theme**. For a full list of competition winners write to the usual **Sugar** address.

red face rating!

Eek!

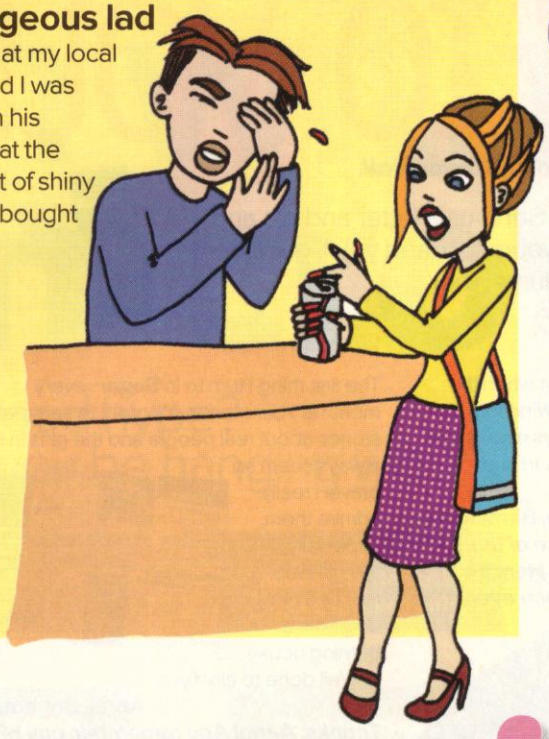
Double eek! With cheese on top!

Triple eek! Bag over head time!

A gorgeous lad worked at my local shop and I was desperate to catch his attention. I arrived at the shop wearing a set of shiny red false nails and bought a can of Coke.

Trying to look cool, I opened the can with a flourish. Imagine my horror when one of my falsies pinged off and hit him on the chin! I haven't been in the shop since!

Louise, Liverpool



After waiting around for half an hour at the fairground for our dates to turn up, my best mate and I decided we'd had enough and went off to try out some rides instead. We had a great time spinning round on the waltzers and I was feeling pretty good.

As I stood up to get off the ride, though, I discovered I'd been sitting in a big puddle of sick! It was all over my trousers and it really stank. Worse still, the ride had made me go all dizzy and as I got off I staggered into a group of people who were queueing for the ride.

Just then my date came running over, full of apologies for being late, to find me in a heap on the ground covered in sick. What a great way to start a date!

Michael Owen's future wife, Leeds

how embarrassing!

If something humiliating happened to you, you'd want to keep it quiet, wouldn't you? Well, maybe not...

I got a Saturday job at our local greengrocer's and one of my duties was to stack the displays of fruit outside the shop in time for opening. As I was getting creative one morning, I noticed a cute lad looking in my direction. He gave me a friendly smile and I felt very pleased with myself as I shyly smiled back.

After a while, though, when he carried on grinning at me, I started to feel a bit uncomfortable. It was only then that I looked down at the sign for the apples I was holding. In big red letters, it read, "Cheap and tasty!"

Sugar *fan, Kent*

At the beginning of last summer, my friend moved to a new house with a massive garden. She decided to hold a house-warming barbecue and invited absolutely everyone from school.

I was trying to impress a group of boys when I casually leapt onto an old swing hanging from a tree and kicked a nearby fence to get myself going. Unfortunately, my shoe got caught and I swung back, taking the entire fence with me! Her dad, who'd apparently spent the whole day erecting the fence, went totally mad. It was a while before I was brave enough to visit again!

Boyzone fan, Newcastle

It was my first date with Tim and we'd decided to go to the cinema. Everything was going really well and as the film started, Tim reached out and took hold of my hand.

Two Diet Pepsi's later, I realised that I really needed the toilet. Mumbling my excuses I sneaked out of the cinema and headed for the loos. When I came back, I made my way back to my seat as quietly as possible, sat down next to Tim and took his hand. Except it wasn't him! The poor bloke had the same colour shirt as my date, but Tim was sitting two rows in front!

Lucy, Rochdale

One Saturday I was out shopping with some mates when I spotted a top I really liked. Just as I picked it up, one of my friends tapped me on the shoulder and pointed out the boy I'd fancied for ages walking down the street.

Before I realised what I was doing, I dashed out of the shop, top in hand and set off all the alarms! The lad I liked turned around just in time to see me being frog-marched back into the store between two security guards. The shame! Luckily the shop manager saw the funny side, but I've given up on lads for good now!

Embarrassed Devon Sawa fan, Birmingham

win! L'ORÉAL PARIS GARNIER LABORATOIRES

If you spot your story, you'll score a fabulous Laboratoires Garnier Fructis Fortifying Shampoo, Fortifying Cream Conditioner and 3-minute Fortifying Cream Mask, worth £9

I'd arranged to meet Sam

after school for a date. As soon as my classes finished I rushed off to the loos to get changed and put on my make-up.

After half an hour, I decided I was ready and headed for the exit. When I spotted Sam waiting outside, I casually waltzed towards the glass door and gave it a nonchalant push. Unfortunately, the caretaker had locked it and I careered into it head-first as Sam looked on in horror. That was our only date. First impressions count and all that!

Embarrassed and single, York

I'd gone out in

my new trousers for the first time and was feeling pretty cool. I couldn't help noticing the admiring glances I was getting on the way to meet my friend.

About halfway there, though, I bumped into my mate's brother who looked a bit embarrassed and muttered something about my zip being undone. I glanced round and to my horror, the back of my trousers had come open, exposing my bottom and G-string to the world! They zipped back up OK, but funnily enough, I haven't dared wear them since.

Sugar *fan, London*

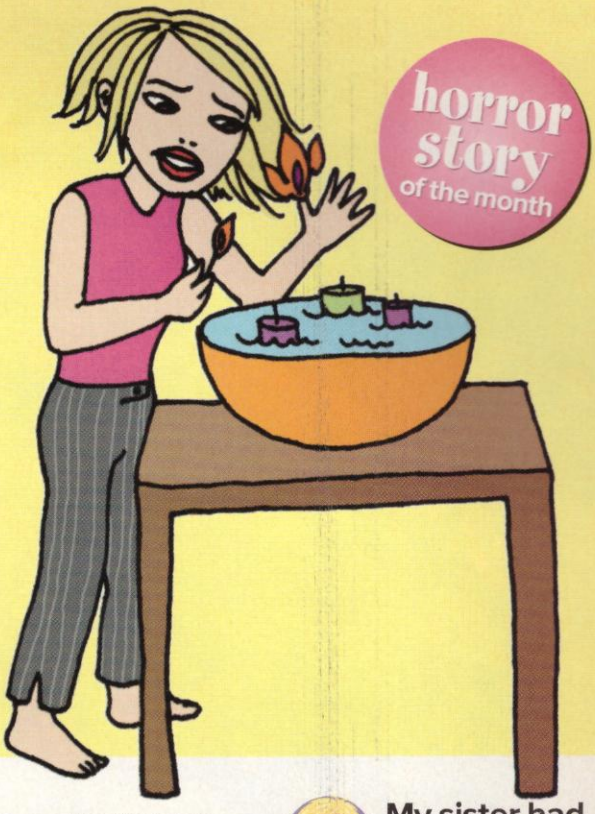
I'd decided to treat myself

to some scented, floating candles to give my bedroom a bit of atmosphere. One night, I invited a couple of mates round, so I started to set up the candles in preparation.

I filled a large glass bowl with water and bent down to light the candles but, to my horror, as I leaned forward my hair caught fire! The flames whooshed into the air and in my panic to put them out I dunked my head into the bowl of water.

I was left with a really embarrassing bald patch on the side of my head and the task of having to explain to everyone what had happened. My friends have never let me live it down!

Jenny, Northumberland



horror story of the month

I was rushing through our

local shopping centre the other day when I spotted the most amazing looking lad I'd ever seen, lounging against a nearby pillar. I carried on walking towards the escalators but continued to check him out.

I was busy willing him to turn around and glance in my direction when I tripped up and found myself in a heap on the floor – I'd only gone and tried to walk up the down escalator!

That certainly got his attention. And the rest of the shoppers!

Alanis Morrisette fan, Herts

My sister had convinced me

to go on a double date to the bowling alley with both our boyfriends. The boys were doing really well, so when it came to my turn, I was a bit nervous about making a fool of myself.

I was worried about the ball being too heavy, so I picked a small kid's ball. I put my fingers in the holes and, really concentrating, bowled as hard as I could. It wasn't until the ball hit the ground that I realised my fingers were still stuck in the holes. My sister and the boys looked on in horror as I collapsed onto the bowling lane still attached to the ball!

Humiliated, Cambridge

It was my first day at a new school

and I needed to go to the loo really badly. It took me ages to find it, then, once I got there I noticed I'd started my period.

I heard someone else at the sinks, so I called out, "If I give you some money, can you get me a pad from the machine, please?" To my horror a male voice answered, "What machine?" I'd gone into the boys' toilets by mistake. Argh!

Anon, Newcastle

If you have an embarrassing tale you want to share with the world, write to *How embarrassing!*, **Sugar**, 17 Berners Street, London W1P 3DD.

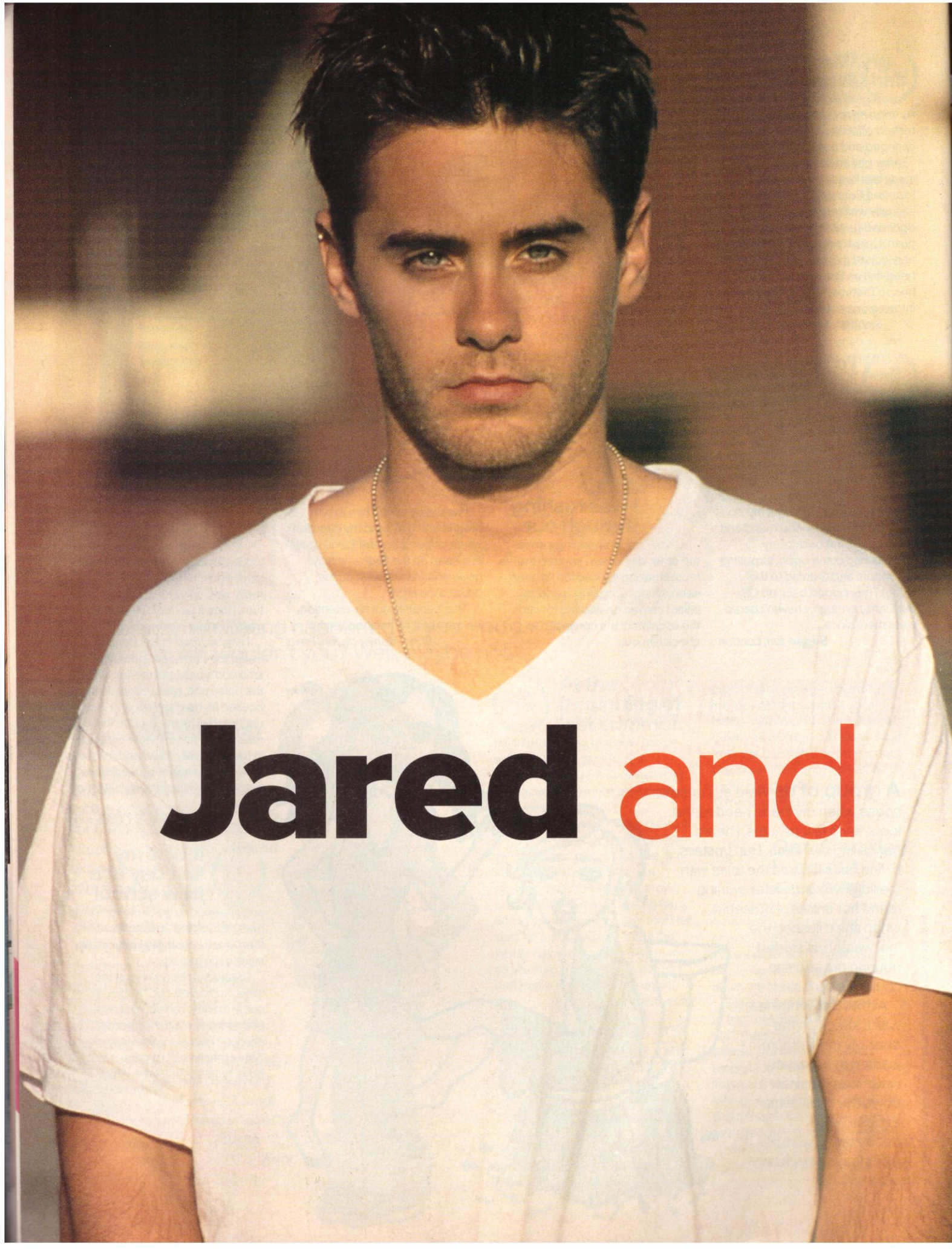
Celeb humiliation

Emilia *Top pop star*

A group of us were at a mate's house when my friend needed the loo. After a few minutes, I heard her calling my name. I ran upstairs to find her sitting on the toilet with the lid down and water swirling round her ankles! Apparently, when she'd flushed the loo, water had started pouring out and she couldn't stop it.

At that moment, there was a knock on the door. My mate's mum wanted to know why water was running down the walls of her expensively decorated house. We didn't know what to say!

Compiled by: Ceri Roberts. Illustrations: Adrienne Yan, Andy Parker.

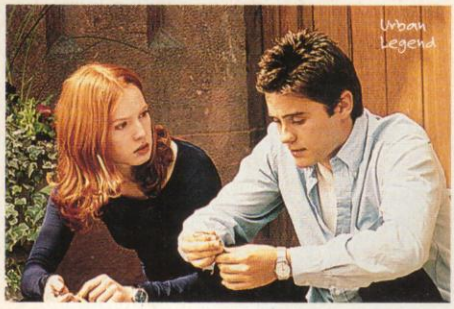


Jared and

Joshua...

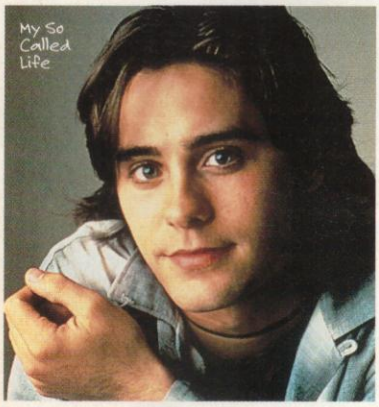
This month you could be getting two Hollywood hunks for the price of one! Yup, cool horror flick *Urban Legend* stars both Jared Leto (Jordan in *My So Called Life*) and Joshua Jackson (Pacey in *Dawson's Creek*)! So, we thought we'd find out more about them...

Jared

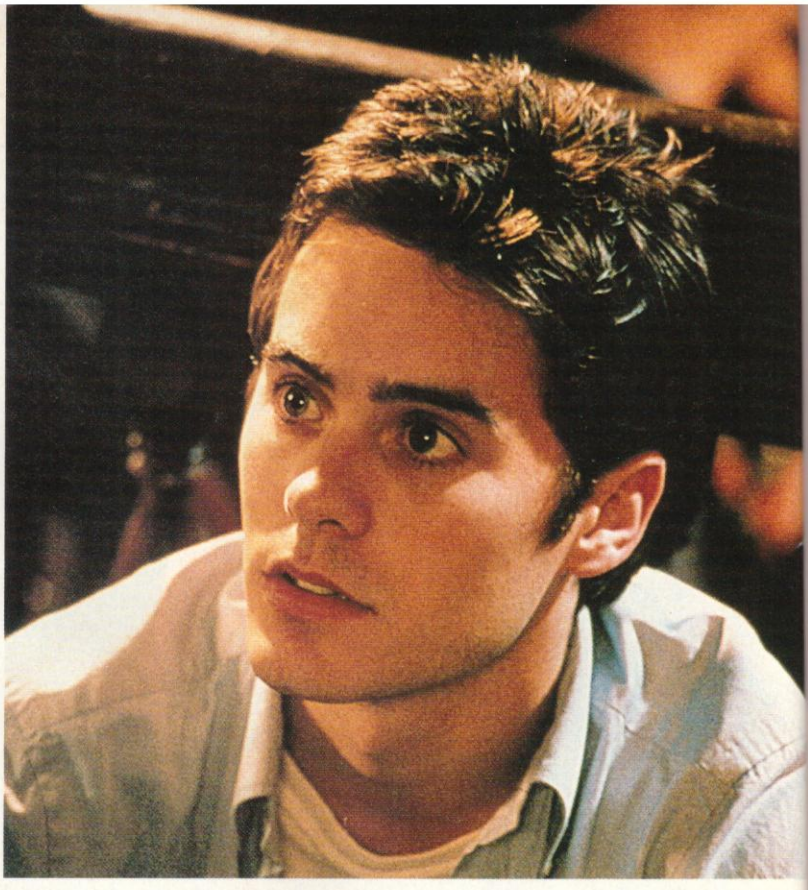


"I live my private little life. I'm not really the type of guy to have 22 friends."

"I don't really think about the fame bit. I'm just here to act. I was never attracted to this career for any other reason than to act and make films."

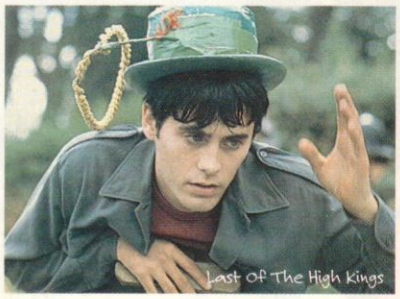


"I'm rarely proud of what I've done. I hated everything I did on *My So Called Life*. It was a great show, no thanks to me."



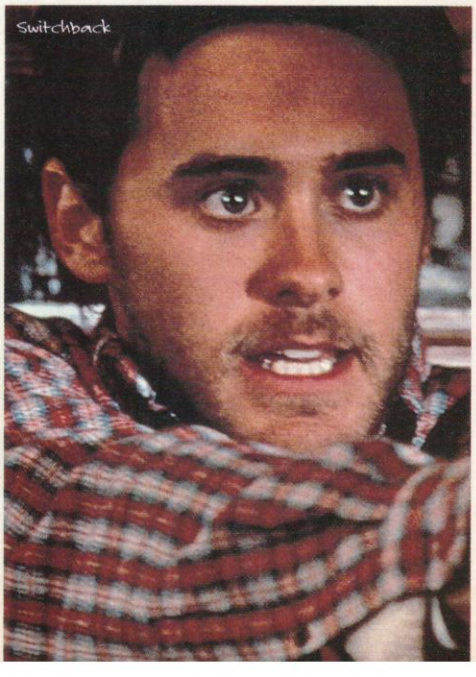
"I have no **desire** to show the world my dirty **underwear.**"

"I sometimes dream about being able to fly, being able to breathe underwater, being able to jump off buildings without being hurt. I often dream I'm being eaten by sharks."



Name: Jared Leto
Age: 25
Best known for: Making our hearts flutter as Jordan Catalano in *My So Called Life* on Channel 4.
Best point: Those brooding blue eyes.
Worst point: He is notoriously difficult to interview 'cause he doesn't like the idea of being a pin-up.
Love stuff: Jared says he's not looking for love and is happy just to hang out with his older brother Shannon and his dog Judas. Aaah.
Where you might have seen him: In the TV movie, *The Cool And The Crazy* with Alicia Silverstone, as well as films such as *How To Make An American Quilt*, *Going West*, and *The Last Of The High Kings* with Christina Ricci.
Where you can see him next: In the star-studded war film, *Thin Red Line* with George Clooney.
Our prediction for the future: After years in small-time films, Jared's about to become a major star. But he's gonna have to lighten up!

"I'm an unromantic guy. There's no romance in my life. And I don't want there to be. I don't need anything."



"I am such a freak compared to most other twenty-five-year old guys. I have no idea what other people are thinking. I'm not really in touch."

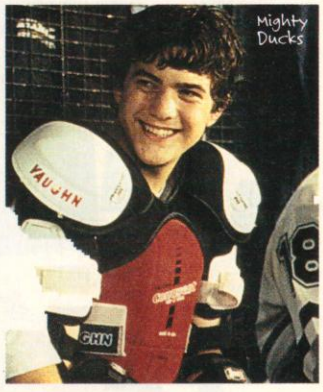
"People seem to think they're special or different just because they're an actor."

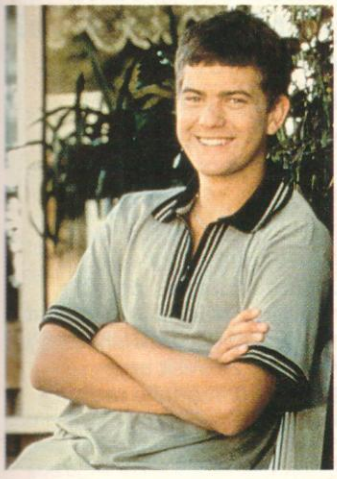
"I met Leonardo

before he was the biggest star in the world. When I told my sister, she went out of her mind, she just started screaming her head off."

Name: Joshua Jackson
Age: 19
Best known for: Having an affair with his teacher as Pacey in *Dawson's Creek*.
Best point: He's gorgeous *and* funny.
Worst point: His Julius Caesar haircut doesn't do him any favours!
Love stuff: He's seeing a mystery woman who he describes as his dream girl. Darn!
Where you might have seen him: Joshua's had an, err, interesting film career. He's appeared in all three *Mighty Ducks* films and *Andre*. Hmmm.
Where you can see him next: In *Urban Legend* with top mate Jared, *Apt Pupil* with the lovely Brad Renfro and, later this year, in *Cruel Inventions* with Ryan Phillipe and Sarah Michelle Gellar.
Our prediction for the future: Because he's so versatile, Joshua's stardom is assured. He can play scary weirdos, funny sidekicks and, ahem, an ice hockey player. Good on yer, Josh.

"I like blond girls. I like brunette girls, too. I'm a fan of women, hair colour is negotiable."





"When *Dawson's* started, the four of us hung, like, eighteen hours a day because we didn't know anybody else. We were this mini-family. Now we know things about one another that we shouldn't!"

"I bleached my hair for *Urban Legend*, but I'll never do it again. It took six hours and it hurt so much it actually made my head bleed. I had huge scabs on my scalp for days afterwards!"

"The Godzilla premiere was my first experience of walking down a red carpet. I didn't expect anyone to know who I was, but they were screaming 'Josh! Josh!' It was so crazy."

"Most people call my style of dress slovenly – I call it extreme casual. If I didn't have a mother and a sister for the times I do have to get dressed, I'd be absolutely lost."

"My mother is like 'Congratulations, you're on a TV show! Now take out the trash.'"

What their leading ladies say...

"He has these amazing eyes that have a magnetic effect on women. We used to tease him on the set saying: 'We give up, you're the most beautiful person in the universe'. He must be totally sick of it."
Claire Danes, Angela in *My So Called Life*

"Josh isn't one of those too cool guys who checks you out but keeps his distance. He's a lover. He wants to know how you are and what's going on in your life. I think that's why women like him."
Actress Ali Larder, from *Dawson's Creek*

Words: Sarah Tomczak. Photos: Moviestore Collection, Ronald Grant Archive, Alpha, Rex, Outline.

Go out

Ever wished the ground would just swallow you up? Well don't! With our help you can keep your cool whatever the situation...

The crisis **It's the moment you've dreamt of. Mr Wonderful is leaning in for a snog. But wait. What's that feeling? Oh no, you need to... Aargh! You've just let rip a noisy, and very smelly, fart! He knows it, you know it and everyone within a five-mile radius blimmin' knows it.**

Get-out clause Blame the nasty pong on a passing dog. If that doesn't work smile sweetly, say "oops" then give him a full-on snog. Intense mouth-to-mouth action will soon make him forget everything else.

The crisis **You've been to the toilet during class and halfway back to your desk you notice a large wad of toilet paper stuck to the bottom of your shoe.**

Get-out clause No matter how hard it is, continue the long, tortuous walk back to your desk, sit down, pull the paper off your shoe and blow your nose on it. People will think you're sooo hard that they won't take the mick. (Or they'll think you're sooo gross they'll pretend they didn't see!)

The crisis **It's happened to the best of us. While chatting to your mate, she says the funniest thing ever, just as you take a huge gulp of cola. Result? You end up laughing so hard that you spray drink all over the cute boy who just happens to be walking past. Nightmare!**

Get-out clause Forget blushing like a beetroot, giggling hysterically or blaming the whole thing on your friend. Just put on your most innocent face and sweetly say to the lad, "I'm sorry, I thought you were on fire."

Words: **Charlotte Richards.** Illustrations: **Nila Aye.**

on, get of that!

The crisis You're in a rush to get dressed so you pull on the jeans you wore yesterday. Then, walking round town, you feel something slipping down your leg, inside your trousers. You look down to check it out, only to see yesterday's knickers falling out onto the pavement.

Get-out clause There's only one option... forget 'em! Just carry on walking and don't look back. If they're really nice knickers you don't want to lose you can always sneak back and get 'em when it's dark!

The crisis It's a lovely sunny day and you're walking down the road, happily minding your own business when...splat! Without any warning, some evil pigeon with nothing better to do has just emptied it's bowels on your head.

Get-out clause Firstly, and most importantly, do not even consider trying to wipe off the mess with your hand. Urgh!

Instead, take a deep breath, hold your head as high as you possibly can and walk slowly to the nearest public toilet. Then, and only then, can you clear up the mess. Screaming blue murder and cursing our feathered friends is optional.

The crisis As your new boyfriend drops you off home after your date, you say, "Thanks for a great evening, Dan." Thing is, you don't go out with Dan anymore, that's Paul standing on your doorstep looking horrified.

Get-out clause Pretend the word Dan is the beginning of a new sentence and finish it with the words "... was never as good a kisser as you are Paul." Then leg it inside before he has the chance to get angry.

The crisis **You're standing at the front of a rather long queue at a shop checkout. Tempers are rising as you try to find your purse. Finally, you locate it and yank it triumphantly out of your bag... along with a couple of spare tampons that immediately fly into the face of the shop assistant.**

Get-out clause Whatever you do, don't make a big fuss about picking them all up; nobody deserves that kind of humiliation. Just pay for your purchases as quickly as possible and make a swift exit. Then pray no annoying do-gooder runs after you saying, "Excuse me, Miss, I think you dropped something."

The crisis It's party time and you're trying to impress the coolest clique there. You nip to the loo then strut your stuff on the dancefloor.

Eventually, the class cow sidles up to you and says those dreaded words, "Did you know that the back of your skirt is tucked into your knickers?" Aaargh!

Get-out clause Whatever happens, never *ever* let her see you sweat. Simply tut in a knowing way and act really surprised that she doesn't know the "skirt-in-pants-look" is the latest thing in Hollywood. Claire Danes, Gwyneth Paltrow... they're all at it, y'know.

Then, as she turns away to hide her face in shame, unhitch your skirt and run for the hills!

"I'm Leo's body

He missed out on being a *Coronation Street* star but David McGuire, 19, is about to hit the big time in Leo's new film...

A couple of years ago, I started going to a drama workshop after school. I really enjoyed it, so I sent my CV and some photos to Granada TV on the off-chance that they might be looking for an actor. Two days later, I got a phone call.

"I cast actors for *Coronation Street*," the voice said, "Can you come to the studio and try for a part in the programme?"

Of course, I said, "Yes," though I'd always planned to be a doctor. I was ecstatic. How lucky can you get? Then, I started to panic. I'd never had an audition in my life!

Even so, I knew I had to give it a try and the next week I travelled up to Manchester for the audition. I didn't tell my parents anything about it 'cause I didn't think I'd stand a chance of getting a part, but I let on to a few friends who found the idea of me being in *Corrie* hysterical.

Streets apart

On the way to the TV studios, I felt totally petrified. Then, when I actually got into the audition, I discovered I wasn't up for some bit part, I was going for the part of Nick Tilsley!

My audition was a shambles. My acting was terrible and I knew there was no way I'd ever get the part, but I have to admit I was still pretty jealous when I saw Adam Rickitt playing Nick. Suddenly my heart was set on being an actor.

After that, I bombarded TV and film companies all over England and some in Hollywood too. I must have sent at least fifty letters. I got loads of rejections but they just made me more determined to carry on.

My big break came last January when *The Sun* ran a competition to find Leonardo DiCaprio look-a-likes. I remembered that a girl had once approached me in the street and told me that I looked a lot like Leo.

At the time, I didn't think anything of it. In fact, I barely knew who Leo was, but I thought it might be worth sending in my photo anyway.

Fame beckons

Soon afterwards I got another phone call. "This is *The Sun* newspaper," a man said. "We've got your picture and want you to come to London for a photo shoot. How about it?"

The article went down a storm! As soon as it appeared in *The Sun* with my picture, I became a local celebrity. It was so funny. I could hear people whispering about me at school. My sister Kelly even started selling photos of me to all her friends!

> **"My sister even started selling photos of me!"**

The same week, I got a phone call from Club Beverley Hills Management in Hollywood. "My name's Rose and I want to get you a career in Hollywood," said the woman at the end of the line.

My first thought was that it was my mates joking around, but when the woman started talking about auditions and films, I began to take her seriously.

"We want you to fly over as soon as you can," she said. I was stunned. It was like something out of a dream.

> **"The social life was like nothing on earth!"**

Hollywood on hold

After talking things through with my mum, we decided it'd be better for me to finish my A-levels first, though I was seriously tempted to drop everything and go off to America.

I only had a few months of study left so I stayed in touch with the Hollywood agent and spent my spare time trying to find a British agent. I needed someone who'd put me forward for auditions and help get my career off the ground.

I had a lot of knockbacks and sometimes wondered if I should have gone to America after all, but my friends and family were really supportive and eventually I was signed by an English agent.

The moment my A-levels finished, my mum paid for me to fly out to Hollywood to see Rose. I was slightly nervous but as soon as we met, we hit it off and, I know it sounds too good to be true, but she even let me stay at her penthouse in Beverly Hills. I felt like a king!

I phoned all my mates saying: "I'm in a penthouse suite looking out on the whole of Hollywood!" I couldn't believe my luck.

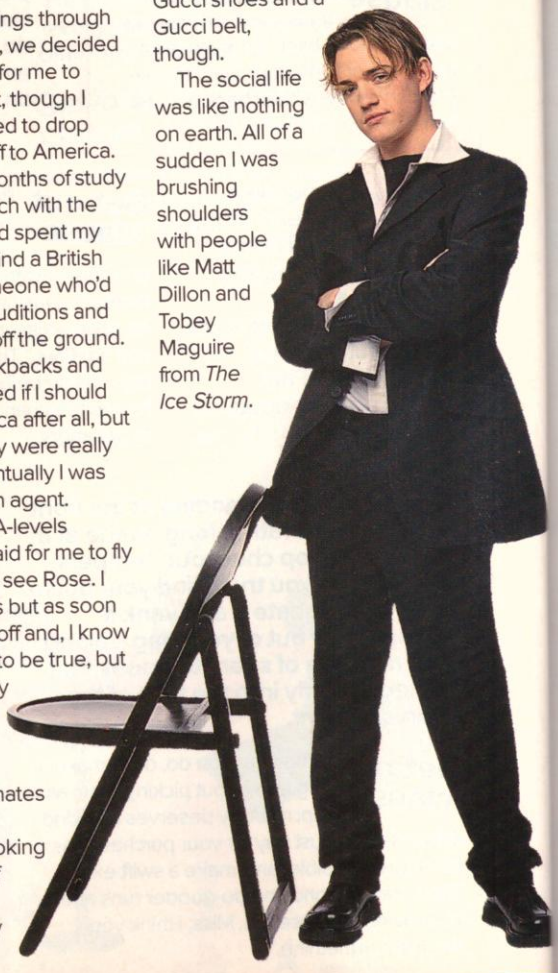
Lights, camera, action!

Rose got me loads of work on adverts and student films and I even acted in a short film called *Out Of State Troopers* which should be released next year.

I was only supposed to stay in Hollywood for two weeks, but I loved it so much I ended up there for over three months!

I earned a fair bit of money, but most of it went on paying for my air fares between England and California. I did manage to treat myself to some Gucci shoes and a Gucci belt, though.

The social life was like nothing on earth. All of a sudden I was brushing shoulders with people like Matt Dillon and Tobey Maguire from *The Ice Storm*.



double"

Now and then, I even got mistaken for Leonardo!

The most memorable time was when I went to a trendy restaurant and the waiter came over saying, "Leonardo, Leonardo! Titanic! Titanic!"

I went bright red but everyone thought it was really funny. So, when he asked for my autograph, I just scribbled my name and hoped he couldn't read it!

Big news

On Boxing Day, my agent in England, Darren, called. "David," he said, "I've got some very exciting news. You've got a part in Leonardo DiCaprio's new film, *The Beach*."

I drew a breath as he said, "In fact, they want you to play Leo's body double. Do you want to accept the position?"

I didn't even need to think about it! This could be my big chance.

For days afterwards, I was in a complete daze, then people started to find out. My mates were so pleased for me and ever since, I've noticed people I meet giving me more attention than usual.

Unfortunately, I do have to be extra wary. Do these people want to know me for me, or because I'm going to meet Leo? Luckily, I've been friends with my gang of mates for years and we're really close, so I know I can trust them.

I'm due to travel out to Thailand to start filming *The Beach* any day now. I'm not too excited yet 'cause I can't actually believe I'm going. I keep pinching myself! I'm looking forward to meeting Leo, I think he's a pretty intriguing character and I hope we get on.

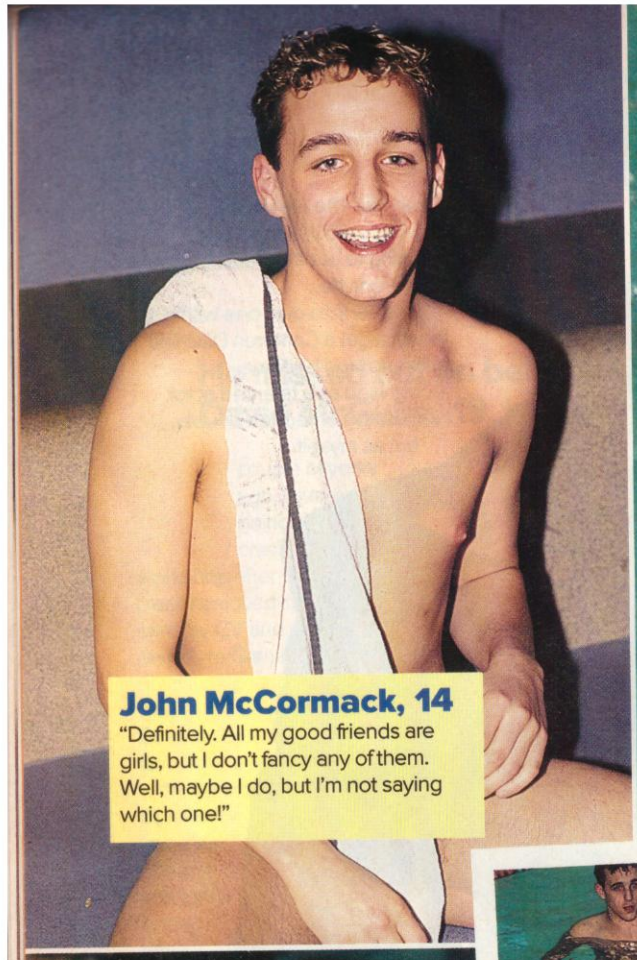
I don't know exactly how much I'll earn for *The Beach* but it could be around £50,000 and I'm planning to put it towards buying a silver Porsche.

My goal is to own one within six months, get a Cameron Diaz-like girlfriend, and become recognised as a talented actor. Not just as someone's double, but as myself.

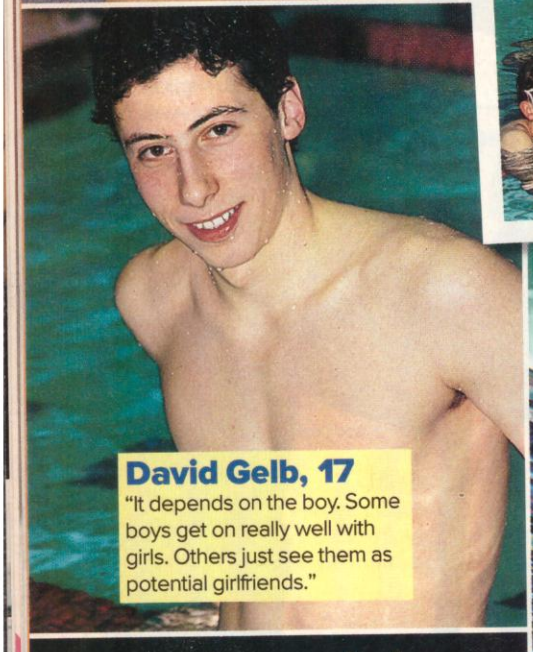
Words: Jo Upcraft Picture: Tim Rooney

Water babes

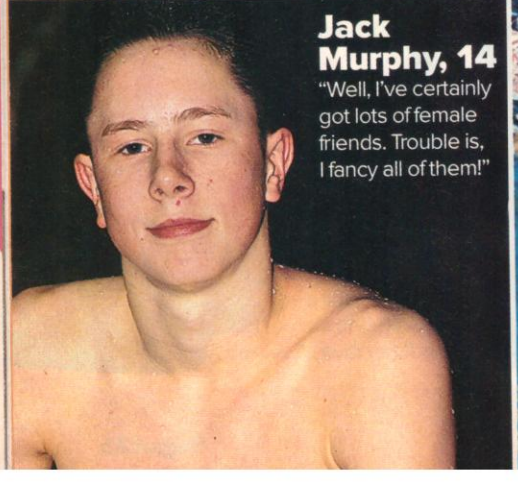
We visited the lads of Barnet Copthall Swimming Club and, once we'd stopped gawking at their pecs, asked, "D'you think boys and girls can be just good friends?"



John McCormack, 14
"Definitely. All my good friends are girls, but I don't fancy any of them. Well, maybe I do, but I'm not saying which one!"



David Gelb, 17
"It depends on the boy. Some boys get on really well with girls. Others just see them as potential girlfriends."

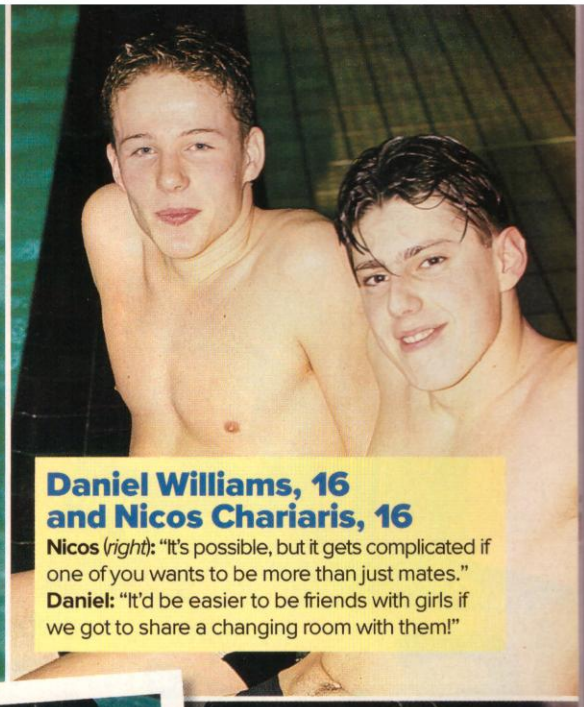


Jack Murphy, 14
"Well, I've certainly got lots of female friends. Trouble is, I fancy all of them!"

Nick Chua, 14
"A lot of boys probably flirt with their female friends, but that doesn't have to mean they want a relationship. It's just a bit of fun."

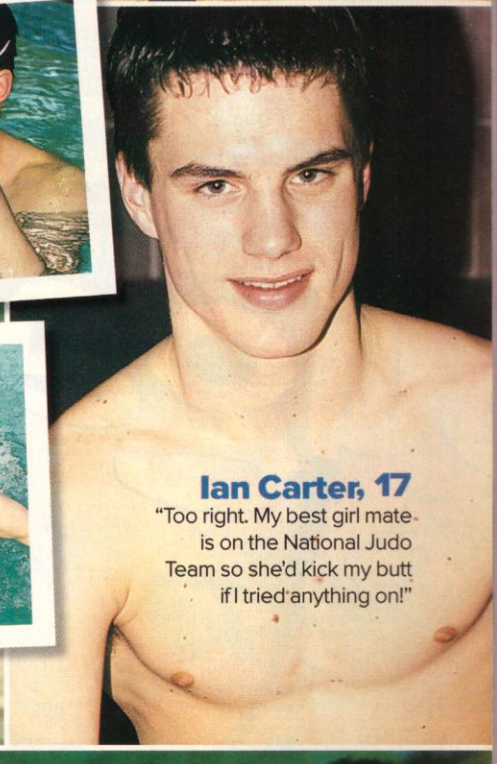
Rupert Palmer, 14

"I'm lucky 'cause I've got some really good female friends. But not all lads find it easy to be mates with girls – hormones tend to get in the way."



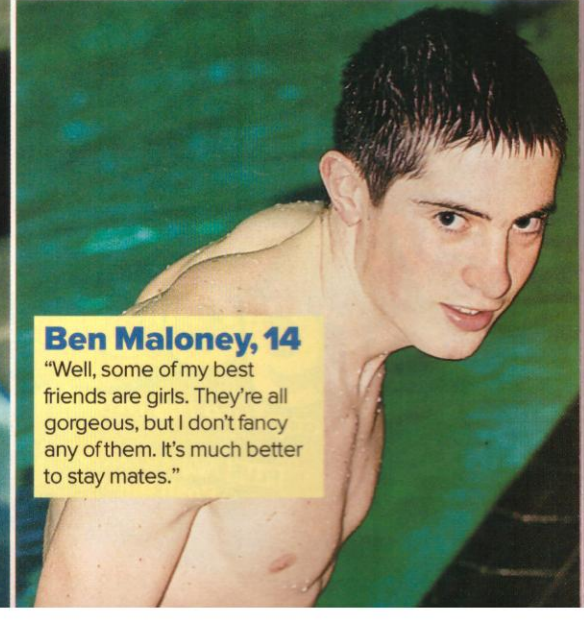
Daniel Williams, 16 and Nicos Chariaris, 16

Nicos (*right*)**:** "It's possible, but it gets complicated if one of you wants to be more than just mates."
Daniel: "It'd be easier to be friends with girls if we got to share a changing room with them!"



Ian Carter, 17

"Too right. My best girl mate is on the National Judo Team so she'd kick my butt if I tried anything on!"



Ben Maloney, 14

"Well, some of my best friends are girls. They're all gorgeous, but I don't fancy any of them. It's much better to stay mates."

Photos Kate Martin, Boy spotter Charlotte Richards Thanks to London Borough of Barnet Swimming Training Scheme.

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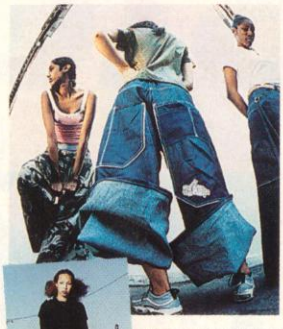
Source code: April '99.

jenny's fashion news

Hello again! As you know, the fashion world's always one step ahead of everybody else, so, believe it or not, we're already shaking off our winter blues and getting ready for spring!

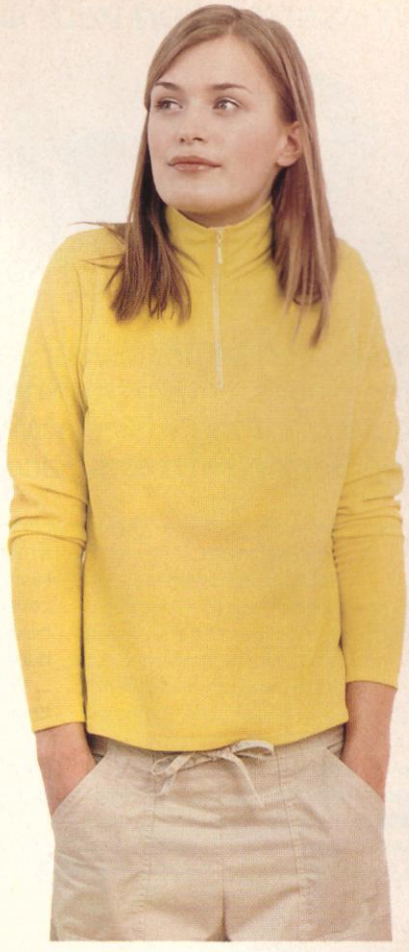
And what are going to be the coolest looks and best bargains this spring? Here are my tips...



★ The main trend over the next few months is gonna be big trousers. And I mean big! It all started when **hip-hop** fans and **skaters** in New York sewed extra patches of material into their **jeans** to make them look wider and now everyone's going big 'n' baggy. If you've just won the lottery, Dozers are selling these fab **Phat Pants** for £60, while **Levi's** are going for a more streamlined look for £50. But you can also join the trend at **Miss Selfridge** who are selling wide trousers for just £30. Bargain!

Bargain alert! If you're in need of a bag this cool denim one is from H&M Hennes and costs a mere £4.99!

★ Now, I've got some **good news** for anyone who's ever fancied kitting themselves out in Kappa. They've just launched a brand new range for us girls called **Kappa Donna** and it starts at a very affordable £20.



Tesco have come up trumps again and this time it's not with choccy biccies! This acid yellow top, £14, and khaki drawstring pants, £20, is a must-have outfit for spring.

Photos: **Annie Johnstone**. Still-life photos: **Foto Theme**.

★ And if you're looking for the perfect **footwear** to finish off your outfit, check out these **funky** shoes from the Yang range by **Kangaroos**, £35.99. They're perfect for streetwise chicks.

Until next month style queens,

Sugar's Jenny.

Jenny xxx

Sugar fashion ed

Fashion buy of the month

These funky citrus sandals from Airwalk were inspired by the cult '70s TV show, *Charlie's Angels*. A snip at £15, they'll be ideal footwear if the sun ever decides to come out again!

in association with **select** model management

She's a star!

the Sugar miners 1999 model competition

You voted for her in your thousands, you've seen her on the cover, now meet Nicola Whitbread, the **Sugar/miners** Face of '99!

Nicola, 15, from Essex was totally amazed when we told her she'd won the **Sugar**/Miners Face of '99 model comp, especially as she didn't even intend to enter in the first place!

"Me and a bunch of mates went down to Lakeside to see Thomas Jules Stock. The competition queue was massive and I wasn't going to bother entering until a girl from Select told me to give it a go. When **Sugar** editor Sarah rang and told me I'd won the competition, a trip to America, the chance of a modelling contract *and* that I was going to be on the cover of **Sugar**, I couldn't believe it. I screamed and burst into tears!

"When it came to the actual cover shoot I was pretty nervous but I soon started to enjoy myself. It was totally brilliant and I felt dead glamorous. For as long I can remember I've wanted to be famous and now I can hardly believe it's happening!"

The lowdown on Nicola, supermodel

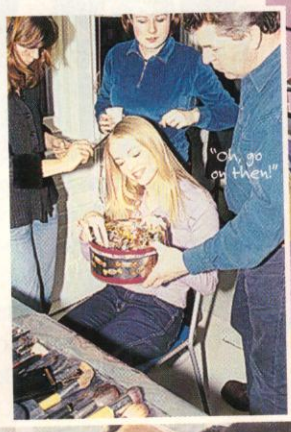
What do your family and friends think of your success?
"My mum and dad and all my friends have been really supportive, but my brother's a bit embarrassed in case his mates fancy me!"

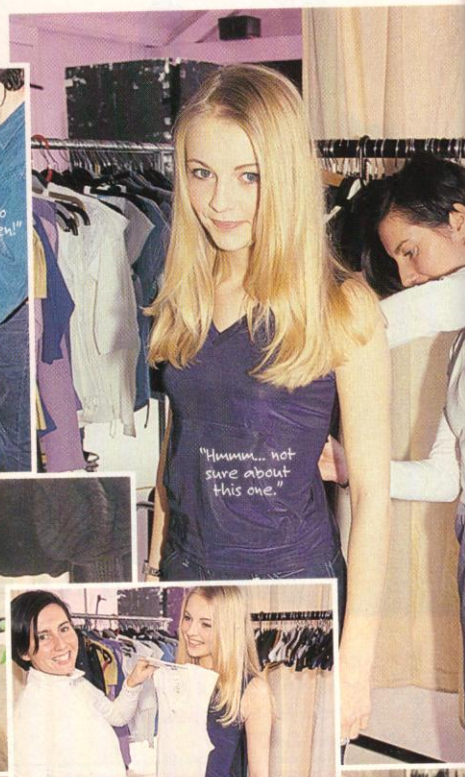
What do you do in your spare time?
"I love shopping and just doing normal stuff like hanging out with my mates, listening to B*Witched and drooling over my posters of Michael Owen."

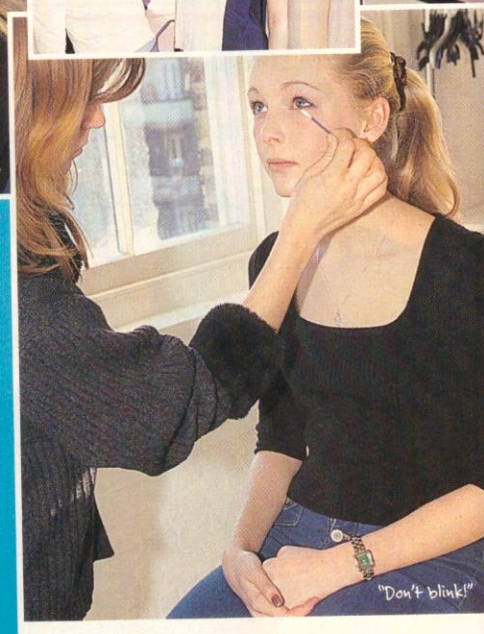
What's your ambition?
"I'm really into acting, singing and dancing and I want to end up in the entertainment business. I'd love to be the next Denise Van Outen!"

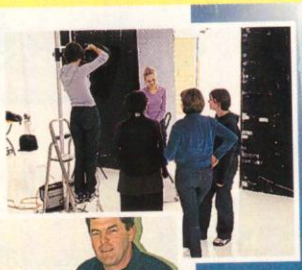
What will you do if you get to be a famous supermodel?
"Treat my mates to pressies then buy a whole new wardrobe from Miss Selfridge and New Look."

And in the meantime, how's school?
"Don't remind me! When I get home from this shoot, I've got two essays to do for tomorrow!"

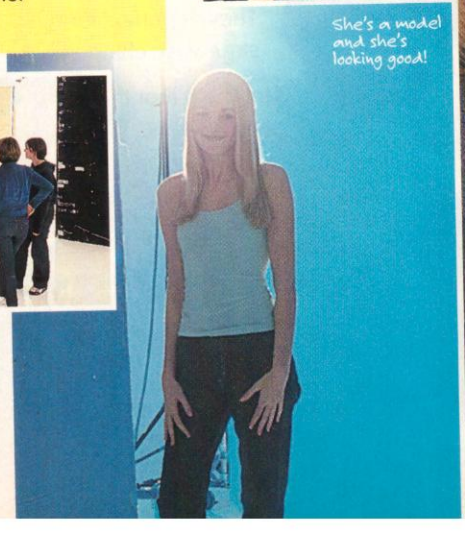








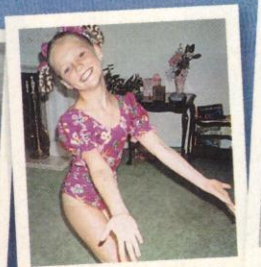
Nicola and her family (right); with the **Sugar** team (above).



Look at her then!

Bathtime, aged two.

At playschool, aged three.


Entering a dance comp, aged nine.

At school, aged 10.

Spice girl, aged 12.

Girls' night out, aged 13.

pick 'n' mix

Purple and black mesh top £21.99 from **Jeffrey Rogers**

Purple embroidered skirt £35 from **Look Again** (22W 130L)

Purple glitter top £35 from **Miss Sixty**

Floral sandals £49.99 from **Dune**

Lilac floral bag £9.99 from **New Look**

Lilac layered skirt £28 from **TopShop**

Get ready for spring in lilac and

Lilac lace trim dress £35 from **Jean Varon**

Purple and black mesh skirt £24.99 from **Jeffrey Rogers**

Purple crochet cardi £26 from **Rise**

Pink tank top £14.99 from **Jeffrey Rogers**

Beaded bag £18 from **Debenhams**

Black sandals £40 from **Faith**

purple

Photos: Mark Bond. Still life photos: Simon Denton. Styling: Sophie Stevens. Hair and make up: Lisa Moore.

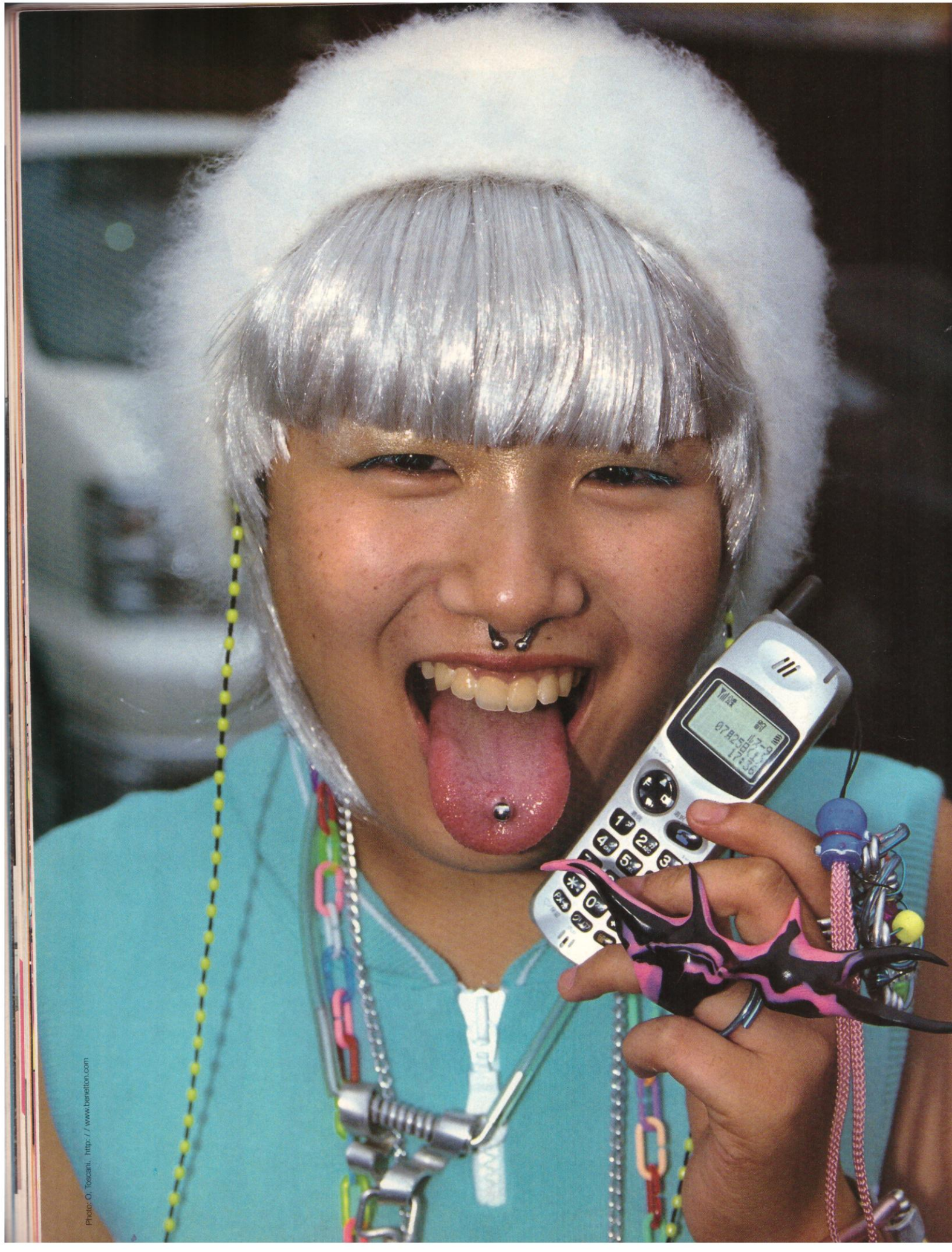
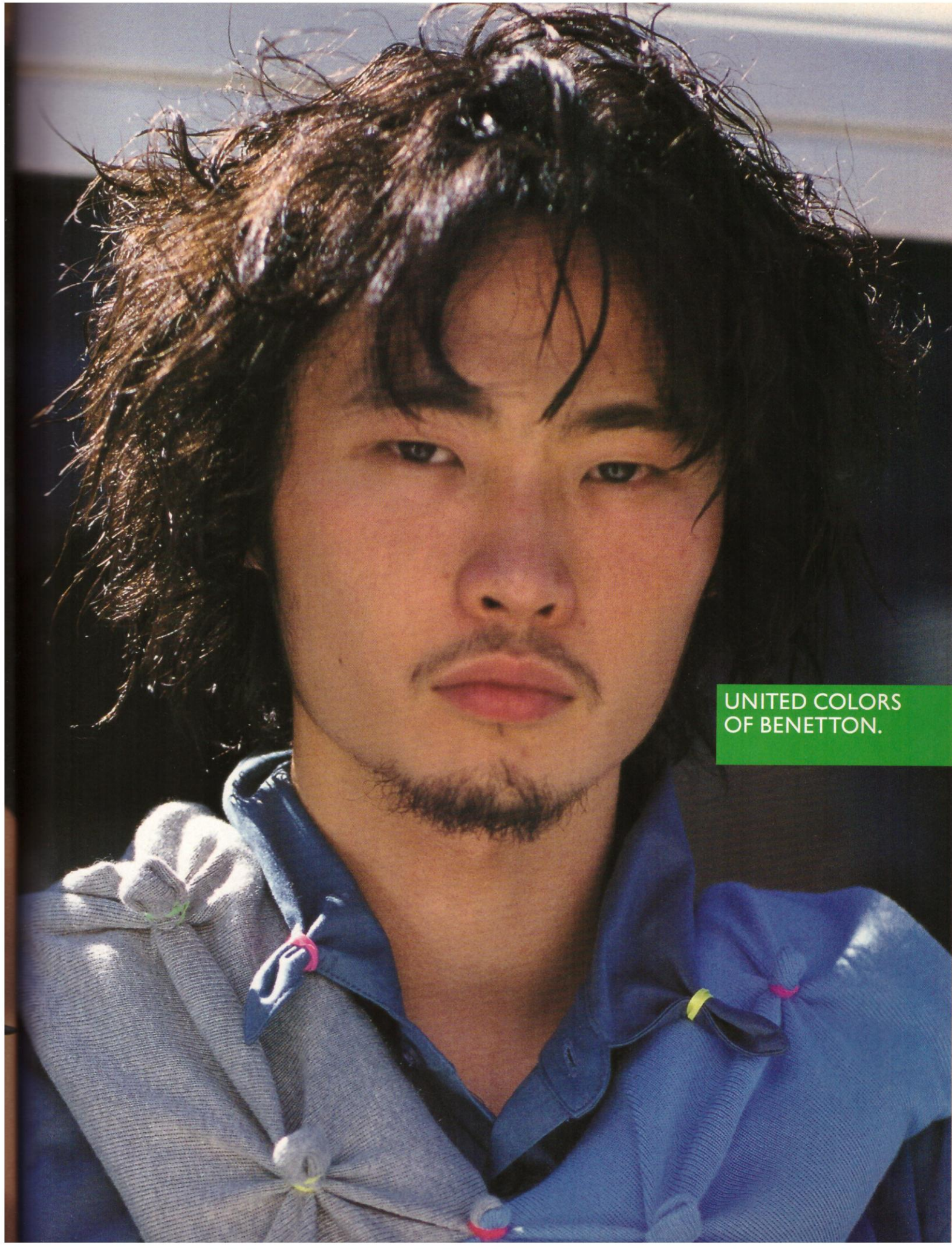


Photo: O. Toscani. http: / / www.benetton.com


UNITED COLORS
OF BENETTON.

23 ways to be the most popular girl on the planet

1 Have a gorgeous older brother who looks like Ben Affleck.

2 Make washing up your favourite pastime. Yeah, we know it's completely dull but think of all those Brownie points you'll earn!

3 Wangle your way onto a really cool *TOTP* show and make sure you have a spare ticket for the person who's nicest to you for a whole week.

4 Organise a girly night in and mention that you've got hold of some previously unseen Leo video footage. Later you can always claim that you had the tape pinched!

5 Take a mate who's feeling a bit down out for a cup of tea, a cake and a chat. Then treat her to a surprise cinema trip to see the latest Matt Damon film. She'll love you forever.

6 Get yourself a job as Another Level's choreographer.

7 Persuade your dad to get a job at the nearest chocolate factory. Yum!

8 Get a Saturday job in TopShop. You'll be able to buy your mates fab birthday presents with your staff discount.

9 Make sure you're always the first one to start the dancing at parties. Everyone loves a girl who knows how to let her hair down!

10 Write to Tony Blair and start campaigning for a three-day school week.

11 Smile at everyone you see. They'll either instantly warm to you or think you're mad.

12 Have really cool parents who don't mind how many friends you have over or how much noise you make. Yeah, right!

13 Win the signed Michael Owen shirt on page 5 and give it to a mate. Instant popularity guaranteed!

14 Visit a posh make-up counter and get loads of beauty samples and tips so all your mates come round to yours for makeovers.

15 Do the funniest impression ever of your maths teacher. Just make sure you don't get caught doing it.

16 Get your mates' day off to a fabulous start by phoning up Radio 1 and getting Zoë Ball to say a big "hello" to all of them on *The Breakfast Show*.

17 Start being terribly pleasant to the geeky nerd who works in the video shop so you always get first choice of new releases.

18 Pretend you're the heiress to a distant relative's long lost millions and spread the word that if people are nice to you, you'll mention them in your will.

19 Make sure any boy you go out with has loads of single, gorgeous mates who are desperately looking for Miss Right.

20 Read all the music magazines and swot up on the charts, past and present. That way you'll become the school's authority on top tunes and everyone'll ask you to do the music for their parties.

21 Feng shui your wardrobe and invite your mates round to choose anything they want before you hit the charity shop.

22 Work as an extra on *EastEnders* selling flowers on the market. Then set up your stall next to the lovely Matthew Rose.

23 If all else fails, get your parents to pay people to be your friends. Well, they do say charity begins at home.

Words: **Jo Carnegie**. Photo: **Tim Romey**. Hair and make-up: **Helen Anderson**.

NEW IMPULSE ICØ
Impulse
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REFRESHINGLY GLACIAL

heidi's beauty news

Here I am getting colourful with the Rimmers hair crayon, free on the front of this very magazine!

Hello, beauty girls! I don't know about you, but I'm looking forward to spring in a big way. What better excuse to spring clean your make-up bags, clear your bathroom cabinets and stock up on the season's fab new products?

★ Shades of lilac are big news for lips this season, as demonstrated by **MAC** make-up artists at the **Shelly Fox** show at **London Fashion Week** recently. MAC products are available by mail order on 0171 534 9222, but if they're a bit beyond your budget, check out **Rimmel** and **Miss Selfridge** for lilac lippies galore.

Conceal the evidence of a late night or two with The Body Shop's new Vitamin E Eye Cream, £5. Suitable for all skin types, it's packed with all sorts of natural goodies like rosehip oil and softening seaweed extract.

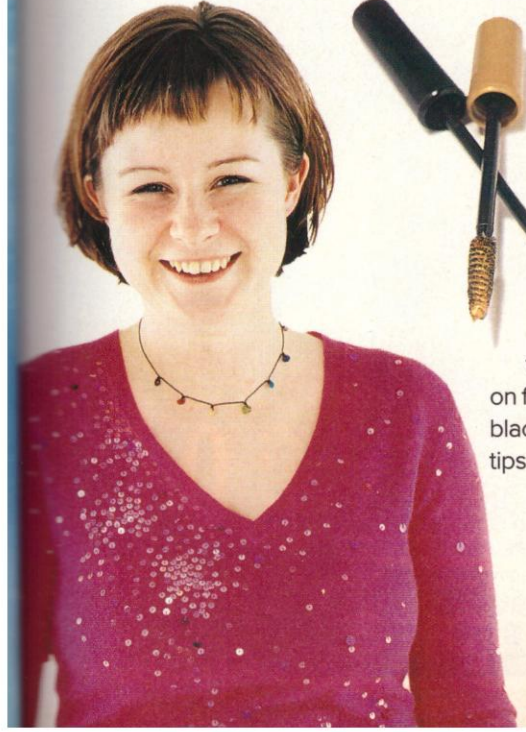
Just apply it to the delicate skin around your eyes to reduce any puffiness and dark circles. That way, your mum'll be none the wiser!

THE BODY SHOP
VITAMIN E
EYE CREAM
ALL SKIN TYPES
Helps reduce appearance of fine lines, puffiness and dark circles
CREME CONTOUR DES YEUX A LA VITAMINE E
TOUS TYPES DE PEAUX
Aide à atténuer l'apparition des rides, de l'aspect bouffi et des cernes
15 ml

★ If life's a bit on the **hectic** side, treat yourself to a spritz of **Noa**, the new perfume from Cacherel, approx £15 (available from February 27). An aromatic blend of **white musk**, **coriander** and **coffee**, it's designed to help you feel totally **chilled**.

★ According to top TV hairdresser **Trevor Sorbie**, "**Curls** are going to be **big** news this spring." So if your hair's **naturally straight**, get hold of a pair of **curling tongs**... and fast!

★ And finally, one spring trend not to miss out on is **mix and match**. Top make-up artist **Nancy Schall** created a colourful new look for the recent **Red Or Dead** fashion shows using **Rimmel** products. She applied **lipsticks** on cheeks, mixed blusher with lipstick for smudgy lips and used two or more different colours of mascara on the models' lashes. Her tip for an up-to-the-minute, full-on flutter is to "apply two layers of black mascara, then touch up the tips with gold". **Stunning!**



Heidi xx

Sugar Beauty Assistant

If you're planning a girls' night in, these juicy face masks from Inecto, 89p, are a must! Indulge yourself with a Strawberry Deep Cleansing Mud Mask or a gorgeous Coconut Nourishing Cream Mask. Fruity!

Beauty buy of the month

Swap OTT glitter for sophisticated shimmer with Barry M Shimmering Body Creme, £4.95. This versatile product can be mixed with your usual make-up to add a touch of shine and sparkle, or even flashed through your hair for instant highlights!

Photos: **Andy Neal**. Still-life photos: **Studio 21**.

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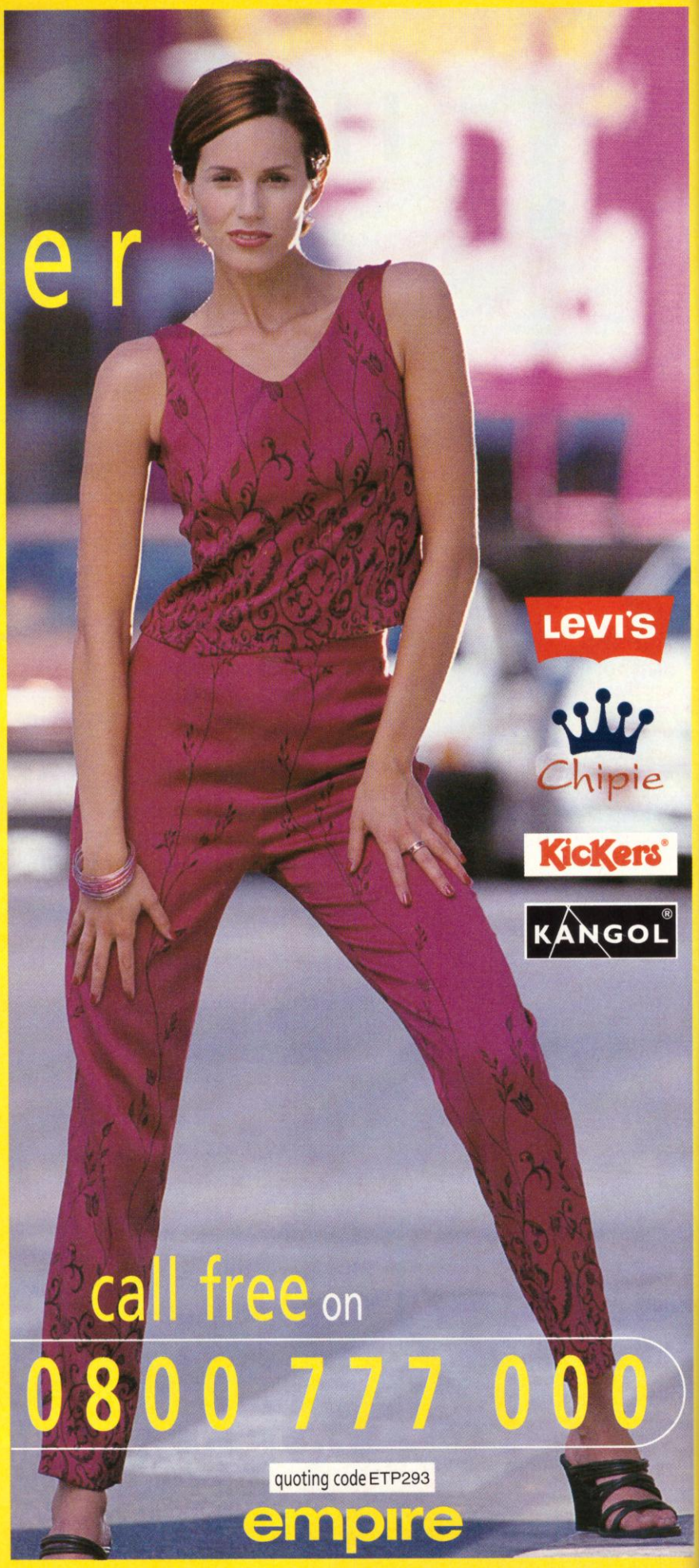
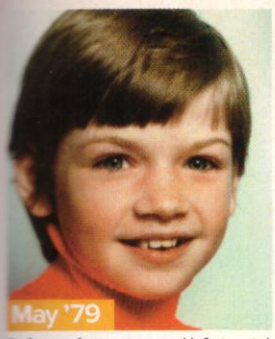


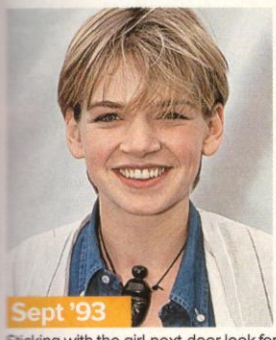
Look at you now!

From toothy tomboy to TV and radio star, **Zoë Ball**'s come a long way...



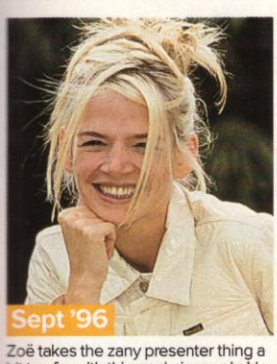
May '79

Zoë goes for a cute crop. Unfortunately so do all the boys in her class!



Sept '93

Sticking with the girl-next-door look for her first stab at stardom.



Sept '96

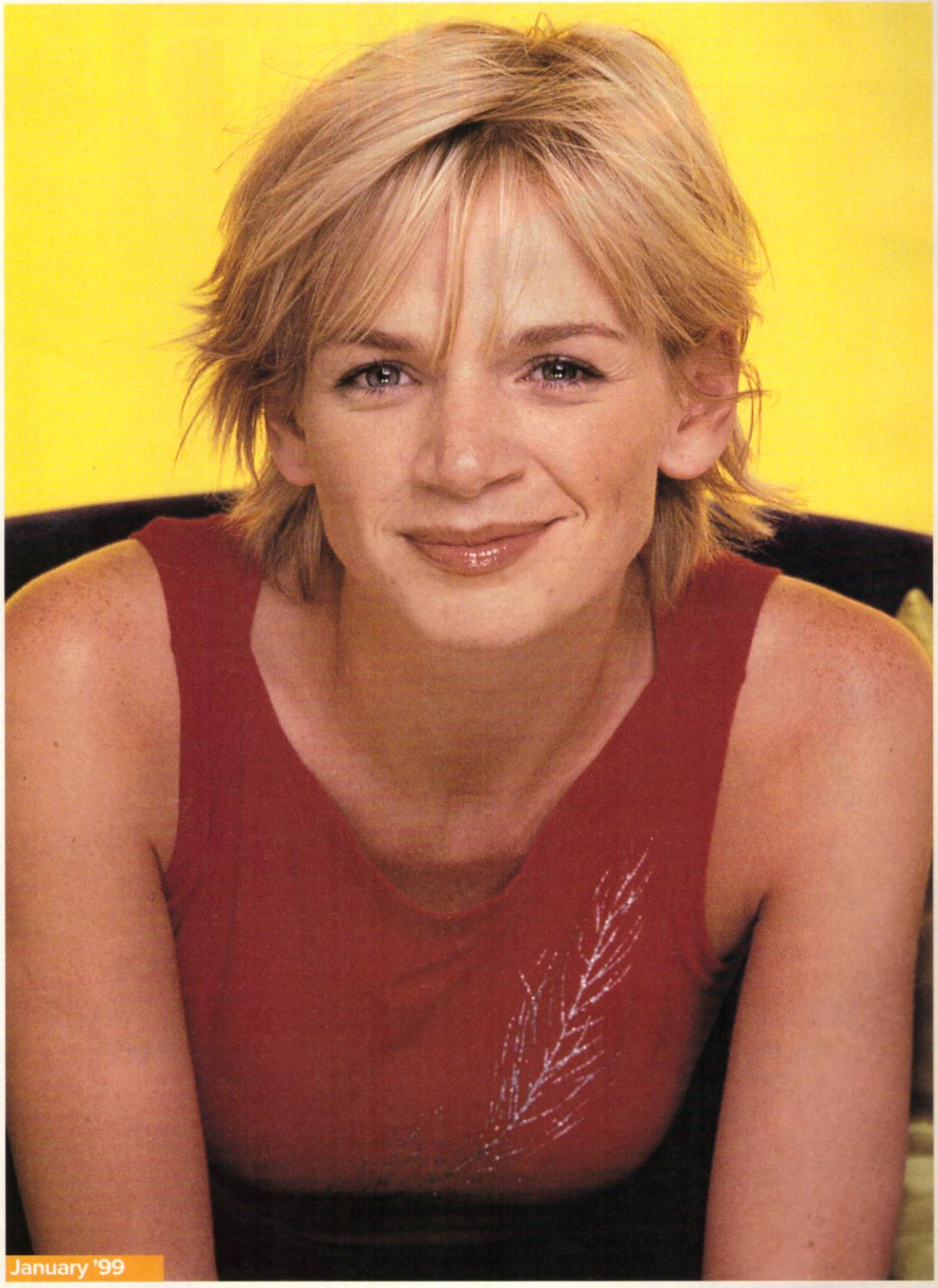
Zoë takes the zany presenter thing a bit too far with this mad pineapple 'do.

Sept '97

Taking a few tips from her pet poodle, she gives the girlie look a go.

Jan '98

Everyone's favourite ladette is back as Zoë decides that the natural look is the one for her after all.



January '99

At last, the cool presenter-DJ-type that we know and love!

Zoë's boyish crop has been reinvented into a slightly longer, tousled style that's still easy to manage and shows off her cheekbones perfectly.

She keeps her make-up natural, but knows when, and how to glam things up.

Zoe's laid-back but cool style is perfect for any busy girl who wants look gorgeous, but prefers to spend more time partying than preening herself. Way to go girl, we think you look great!

Words: Sarah Tomczak. Photos: Alpha, All Action, Express Newspapers.

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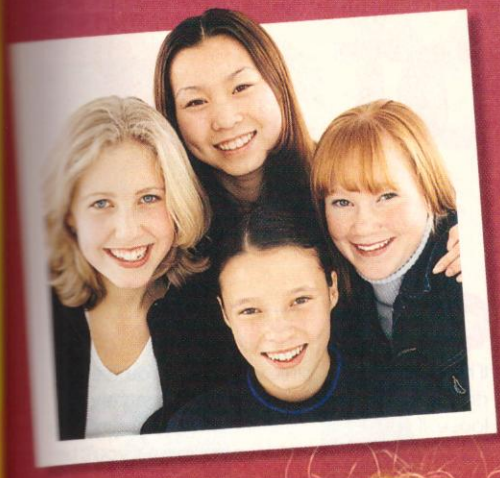
A Sugar/17 special

12 pages of reader makeovers

"It's a miracle!"



We got together with our friends at 17 cosmetics to give four lucky Sugar readers a totally new look...

What kind of girl

Which image is perfect for you? Just answer these questions to find out...

1 Where would you go on your dream date?
a) The trendiest club in town 'cause that's where all the coolest people hang out.
b) To see a film then out for a pizza.
c) To a swanky restaurant with flickering candlelight and soaring violins.
d) Anywhere with a dancefloor so we could get on down.

2 I'd describe my hairdo as....
a) Super-sleek! I won't step outside my front door until every single hair's in place.
b) A Natalie Imbruglia-type style. Well, it *is* the latest thing!
c) Easy to style. I like to wash and go.
d) Long. Anything shorter than shoulder-length and I'd feel like a boy!

3 If a film was made about you, which actress would play the lead role?
a) Kate Winslet. If she's good enough for Leo, she's good enough for me.
b) Liv Tyler. She's stylish, like me.
c) Winona Ryder. We could pass for sisters!
d) Kylie Minogue! A top disco diva if ever there was one!

4 Uh-oh. There's an unavoidable weekend trip to your gran's. Which three items can't you live without?
a) My pager, my diary and my trainers.
b) My Walkman, my favourite CD and some glitter – guaranteed to brighten up the most boring weekend.
c) Lip gloss, mirror and hairspray. A girl's got to look her best, even if it's just for her nan!
d) Hairbrush, a selection of jewellery and my cute flower hair clips.

5 You've been asked to audition for a band. Who are they?
a) Steps. I know all their dance routines off by heart.
b) You won't have heard of them yet, but they're gonna be huuuge, sweetie.
c) The Spice Girls. They just haven't been the same since Geri left.
d) The Honeyz. They're not the only good-looking babes with plenty of swing, y'know.

6 What's in your make-up bag?
a) Lipsticks, eyeshadows, mascaras, blushers and so many nail varnishes I could paint a house!
b) The bare essentials – just lip gloss, mascara and concealer.
c) Everything on the latest beauty pages of **Sugar**.
d) Soft pink blusher and a couple of frosted lippies.

7 It's the party of the year. What are you going to wear?
a) A flirty dress or skirt. Trousers are for tomboys!
b) Designer trouser suit and Nike trainers.
c) Something sexy and sophisticated à la Victoria Adams.
d) Anything that looks stylish and is comfortable enough to boogie in.

8 You and your mates are getting together for the day. What do you do?
a) Hit the town, shop 'til we drop and ogle all those cute boys.
b) Spend the whole day experimenting with make-up samples.
c) Head to Virgin to check out the newest remixes and imports on CD.
d) Pile round to someone's house to watch videos and catch up on the gossip.

9 Which song's guaranteed to get you dancing any place, any time?
a) I only dance to slow, smoochy numbers!
b) Something obscure that no one else has even heard of.
c) Anything by a kick-ass girl band like All Saints.
d) I'll tap my toes to anything as long as it's got a half-decent beat!

10 My ideal bloke is.....
a) Ronan from Boyzone. He always looks smart and in control.
b) David Beckham. He's the ultimate in arm candy.
c) Lee from 911. We'd look so good together on the dancefloor!
d) Leo, the one lad who'd definitely sweep me off my feet.

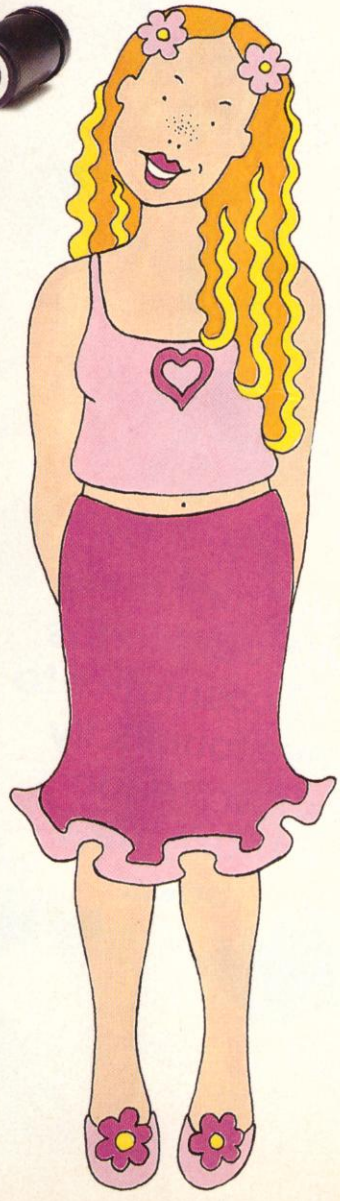
How did you do?

1	a)2	b)3	c)1	d)4	6	a)4	b)3	c)2	d)1
2	a)3	b)2	c)4	d)1	7	a)1	b)2	c)3	d)4
3	a)1	b)2	c)3	d)4	8	a)3	b)1	c)4	d)2
4	a)2	b)4	c)3	d)1	9	a)1	b)2	c)3	d)4
5	a)4	b)2	c)1	d)3	10	a)2	b)3	c)4	d)1

1-10 Girlie girl

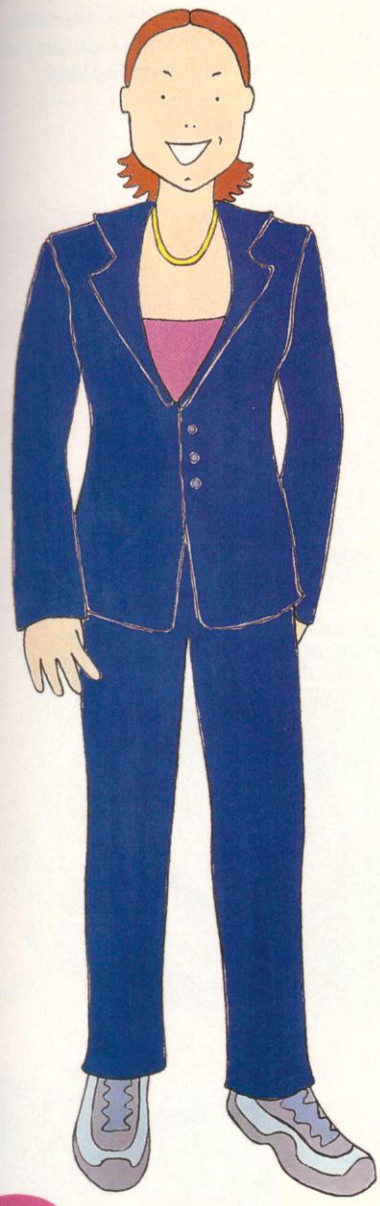
If it's in the least bit pink, you love it! You live in dresses and love to wear your hair long and loose. If you're not dreaming about riding off into the sunset with the lad of your dreams, you'll be getting lost in the magic of films like *Titanic* or *William Shakepeare's Romeo & Juliet*. When it comes to make-up, you go for the natural look with just a dusting of pink blusher and a touch of lipstick. Ah, sweet!

Must-have product... 17 Pure Colour Lipstick in Sweet Sizzle, £2.55.



Words: Heidi Schumacher. Illustrations: Kelly Harrison.

are YOU?



11-20 Trendy girl

You're totally up-to-the-minute, and won't go anywhere unless you're sporting the absolute latest in clothes and make-up.

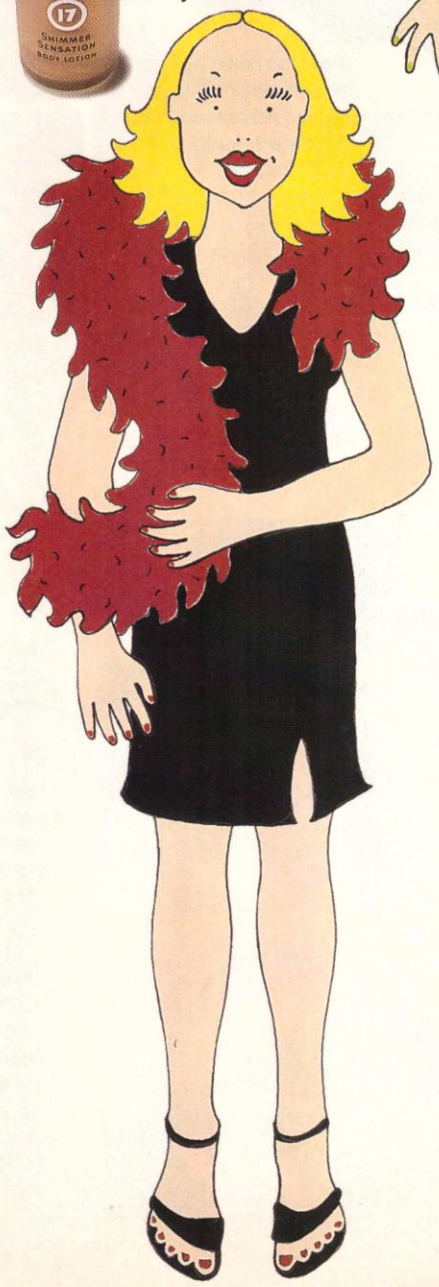
Sometimes you're so far ahead of the crowd people think you're a tad weird, but you love creating your own super-trendy style and enjoy being seen as a wee bit different! You know you look great and that's all that matters.

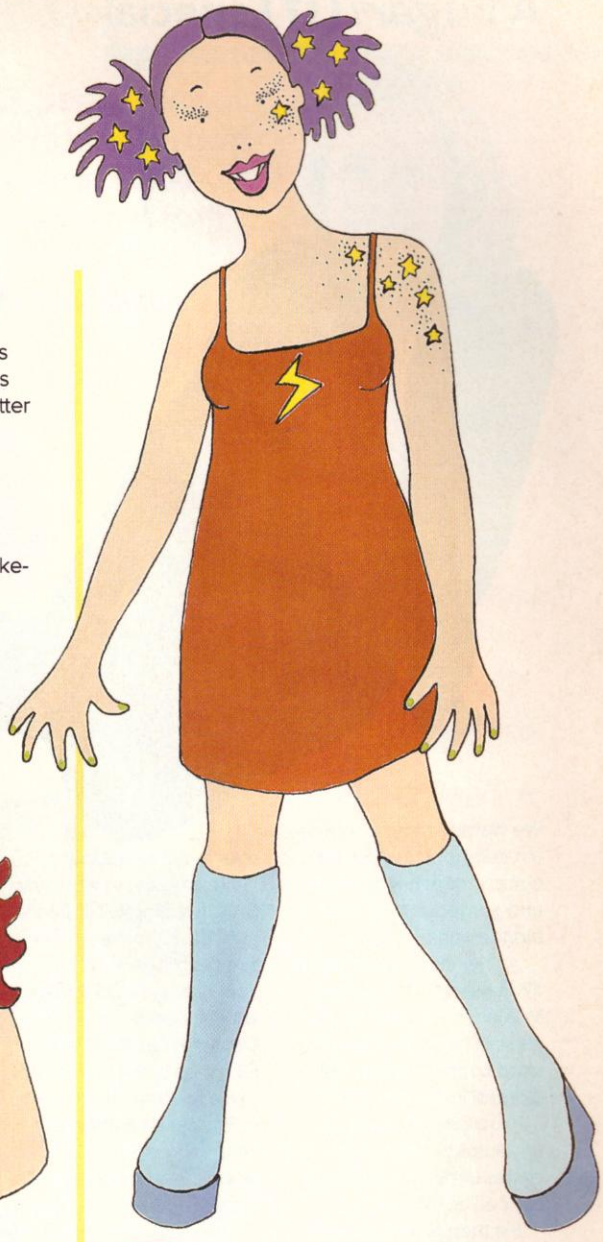
Must-have product... 17 Big Volume Mascara in Metallica. £3.75.

21-30 Glamour girl

Glamour's the name of the game as far as you're concerned. You love slinky clothes and high strappy heels and it doesn't matter how trendy trainers are, you wouldn't be seen dead in them. Your make-up bag is one of your most important possessions and you pride yourself on knowing exactly how to apply every bit of make-up you own!

Must-have product... 17 Shimmer Sensation Body Lotion, £3.95.





31-40 Party girl

Ooh get you, dancing queen! You love everything spangly from dresses to make-up and hair gel. You're renowned for your shimmery stuff and can always be guaranteed to glow in the dark! You love being the centre of attention on the dancefloor and practice your routines at every opportunity, especially in front of the mirror while applying yet another layer of glitter!

Must-have product... 17 Tattoo Kit, £7.

Words: Heidi Schumacher. Illustrations: Kelly Harrison.

Joanna Last, 13, from Chesterfield was desperate to find a make-up style that didn't look too vampy...

"I've got **very sensitive skin** and in the past I've found it really difficult to find cosmetics that don't irritate my face. As a result I normally **don't bother with make-up.**

I rarely wear any during the day and when I go out with my mates, I tend to stick to the basics, like just a little **mascara** and **lip gloss.** I try to liven things up with some **glittery nail varnish**, but that's about it.

Sugar, find me some make-up that'll make me look feminine and **won't irritate my skin!**"

Girlie

★ Make-up

We wanted to give Joanna a natural look that would complement her fair skin and gorgeous tumble of blonde curls.

As her skin's so sensitive, **17** make-up artist, James McMahon decided to steer clear of foundation and just used **Loose Powder Oil Control** in Neutral, £3.95.

"You can still cover up any small blemishes or circles under the eyes with concealer," he said.

He then added a subtle blush to Joanna's cheeks by sweeping **Blush Powder** in Bramble Frost, £2.40, over her cheekbones.

Next he got to work with **Shadow Single** in Paradise Lost, £2.30, to create a simple, glittery look for Joanna's eyes, adding a subtle sparkle with **Eye Dazzle** in Quick Silver, £3.55, up to the browbone.

He finished off with a line of **Perfect Definition Eye Liner** in True Blue, £2.15, along the top of Joanna's lashes.

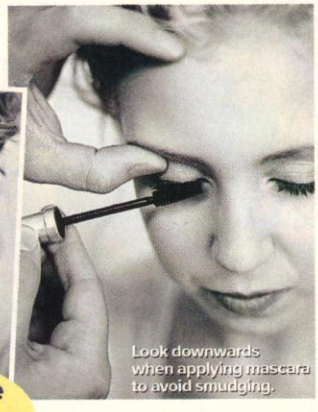
James reckoned that "black mascara can seem too harsh against a fair complexion," so he applied **Advanced Wear Mascara** in Topaz Light, £3.75, instead.

James created a pretty, shimmery lip look with **Pure Colour Lipstick** in Marshmallow Whip, £2.55, followed by a coat of **Lip And Mix Lipshine** in Clear, £2.55, for extra sparkle.

The right nail varnish was the perfect final touch. James opted for **Pure Colour Nail Polish** in girlie Poncho Pink, £2.55.

Use an eyebrow comb to keep brows looking neat and tidy.

Loose powder on your T-Zone stops shine.

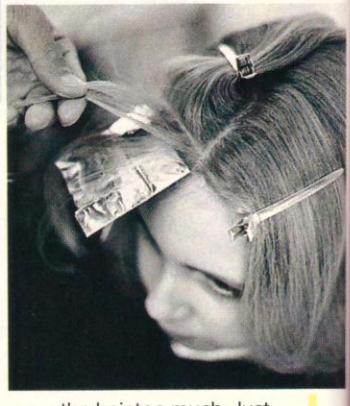


Look downwards when applying mascara to avoid smudging.

Must-have products for this look...

17 Pure Colour Nail Polish in Poncho Pink, £2.55.
17 Blush Powder in Bramble Frost, £2.40.

Pray nobody sees you midway through streaking!



★ Hair

Hair colourist Paul persuaded Joanna to have a few highlights put through the front of her hair for a sunkissed look.

our stylist, Heidi gave the ends a quick trim, then rubbed **John Frieda Frizzease Hair Serum**, £5.95, through Joanna's hair before gently drying it with a diffuser.

"The secret of super curls is to try not to touch the hair too much. Just tip your head backwards and allow the heat to reach the roots," she told Joanna.

The result? Totally beautiful curls!

girl

★ Clothes

To complete Joanna's pretty new look, we dressed her in this lacy ribbon-edged skirt from **Miss Selfridge** and a flower-print top from **TopShop**.

A cute, baby pink cardi with sequins from **French Connection** gave the outfit a very feminine look.

Then, for the final word in girlie sparkle, Joanna chose this beautiful pair of sequin mules from **Faith**.

Joanna's verdict

"It was amazing to see how James applied my make-up. It looks great! I've been given loads of tips so I'll be able to create the same look at home. Thanks for such a brilliant day out!"

Nina Bensley, 15, from Buckinghamshire wanted to look trendy and sophisticated but didn't have a clue where to start....

"I usually live in **casual clothes** and **avoid make-up** at all costs. I don't normally wear anything on my face and even if I'm going to a party I only wear **natural colours**, like a bit of eyeshadow, but you'd hardly be able to see it! I can't imagine what I'd look like with **proper make-up** on.

Nail varnish is one of my pet hates. I really don't understand people who want to wear it; I think it looks horrible!

Sugar, it's time for a change. I'd like to create a more **sophisticated** look that'll surprise everyone, including me!"

Trendy girl

★ Make-up

We persuaded Nina to give up her anti-make-up ways and helped her get to grips with the basics of choosing and applying cosmetics.

First, **17** make-up artist James applied **Powder Foundation** in Warm Amber, £5.20, as a base, then brushed on **Blush Powder** in Damson Wine, £2.40 to accentuate her great bone structure. Then he got to work with **17**'s new **Amethystine** range, 'cause pinks and reds are going to be the trendiest colours to be seen in this spring.

James applied **Perfect Definition Eyeliner** in Pink Metal, £2.15, around her eyes, then extended it from the outer corner of her eyes. He then used **Shadow Threesome** in Cloverfields, £3.95, on her lids. As Nina's eyes were quite striking, James kept her lips simple by slicking on **Lip And Mix Lip Shine** in Amethystine, £2.55.

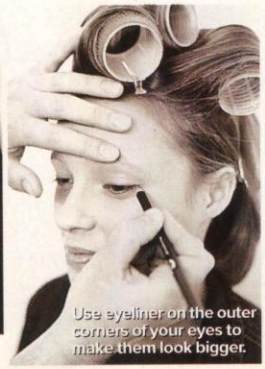
Proving it's the small details that really do make the difference, James completed the look by painting Nina's nails with **Advanced Wear One Coat Nail Polish** in Vixen, £2.55. Perfect for girls who don't want to try too hard.

Use mascara on your bottom lashes for extra definition.

Must-have products for this look...

17 Perfection Definition Eye Liner in Pink Metal, £2.15.
17 Lip And Mix Lipshine in Amethystine, £2.55

Keep blusher looking subtle by using a large, soft brush.



Use eyeliner on the outer corners of your eyes to make them look bigger.

Always keep smiling for the camera.

★ Hair

Time to get to work on Nina's hair. Colourist, Paul persuaded Nina to let him put in a few highlights to add colour and depth. Stylist Heidi persuaded a nervous Nina to go for a trendy, longer-length version of the 'Natalie Imbruglia' cut – a bob with layers around the bottom.

To give Nina's hair extra lift, Heidi used huge rollers before brushing it through to give it a sleek finish with loads of volume. Gorgeous!

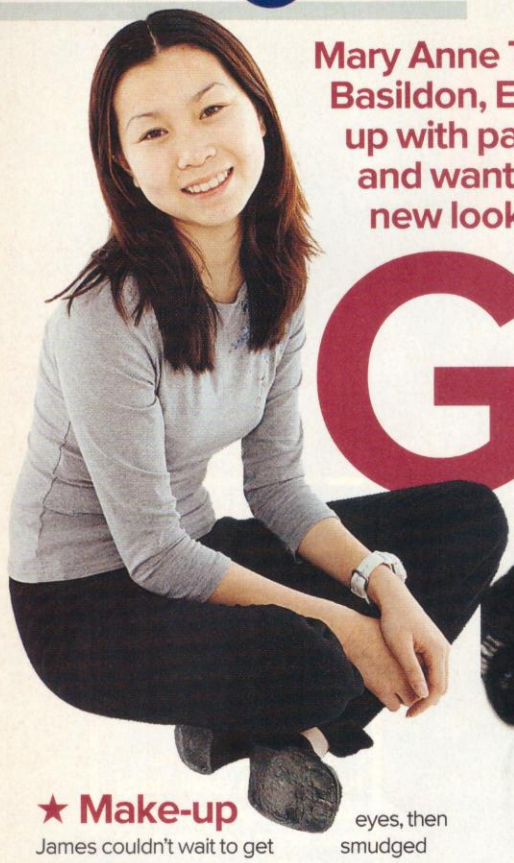
★ Clothes

Nina and our makeover experts had a good root through the Sugar wardrobe before deciding on this classic sleeveless shell top from **Jean Varon** and a fitted pencil skirt from **Kookaï.**

Strappy heels from **Faith** gave a sophisticated touch to a fairly simple look. Great for a top night out on the town!

Nina's verdict

"Wow! It's amazing, I never normally wear make-up but I love it so much I'm gonna rush out and buy the Amethystine range. My hair's dead funky, too, and the clothes are fantastic. I love it all."



Mary Anne Trinh, 14, from Basildon, Essex was fed up with pastel shades and wanted a glam new look...

"I tend to stick to **natural and pastel shades** of make-up for daytime wear. I love getting together with my mates to experiment with **different looks**, but I'd never wear them out – I'd be too embarrassed! Usually I just slick on some foundation and mascara.

The thing is, I wouldn't have the first idea what sort of make-up to wear for **a really posh night out**. Can you help me discover a look that's a bit **more glamorous?**

Glamour girl

★ Make-up

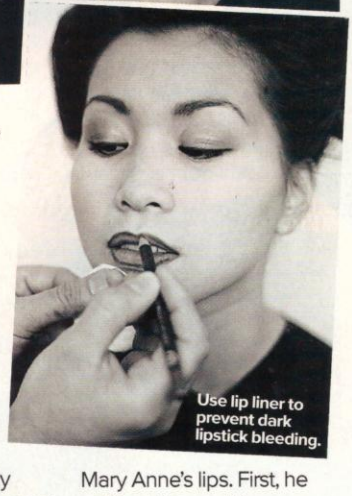
James couldn't wait to get started on Mary Anne's transformation. "We're going to go for loads of smoky eye make-up and dark lips. She's going to be a real glamour puss!"

He started by applying **17 Perfect Cover Foundation** in Delicate Beige, £3.15, before dusting Mary Anne's face with **Loose Powder** in the same shade. For super-defined cheekbones he then applied **Blush Powder**, in Clover Dream, £2.40.

Smoky eyes were a must for Mary Anne's new look, so James used **Soft Liner Pen** in Soft Jet, £3.50, along her eyes, then smudged slightly to create a softer look. The darkest shade from **Shadow Threesome** in Moody Blues, £3.95, was then applied across the whole of Mary Anne's eyelids, with the **Eye Dazzle** in Ice Ice, £3.55, brushed across the browbone as a highlighter.

Blend on foundation with a sponge for a flawless finish.

Layers of mascara are essential for glamour pusses. James applied two coats of **Advanced Wear Mascara** in Moonlight, £3.75, to Mary Anne's lashes. "A navy shade is slightly softer than black so it's great for a smudgy smoky look," he explains.



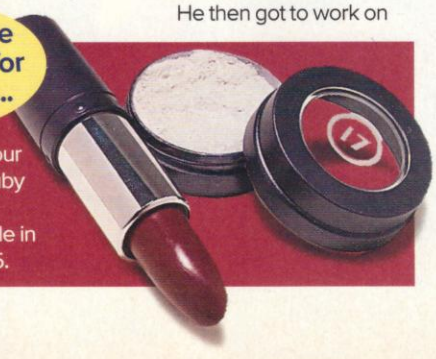
Use lip liner to prevent dark lipstick bleeding.

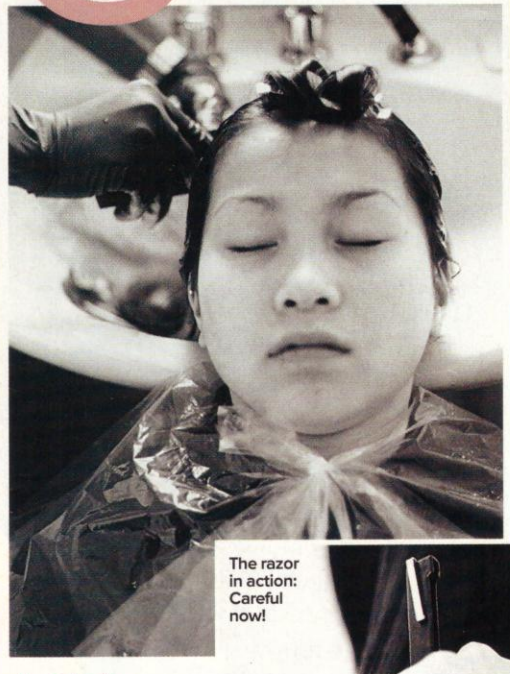
He then got to work on Mary Anne's lips. First, he outlined them with **Perfect Pout Lip Liner** in Ruby Rose, £2.15, before brushing on **Pure Colour Lipstick** in Ruby Wine, £2.55, with a small lip brush.

Last but not least it was on to the nails. Mary Anne's nails were in great condition, so **Advanced Wear One Coat Nail Polish** in Black Cherry, £2.55, was all that was needed. Perfect!

Must-have products for this look...

17 Pure Colour Lipstick in Ruby Wine, £2.55
17 Eye Dazzle in Ice Ice, £3.55.

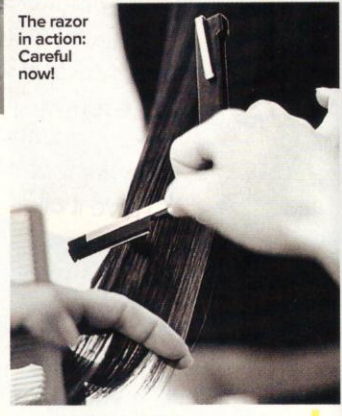




★ Hair

Mary Anne had already dyed her hair, so all colourist Paul had to do was even out the colour with a dark brown semi-permanent tint. Next, stylist Heidi cut soft layers into Mary Anne's hair with a razor.

"It always looks scary," she says. "But it's a great way to get some really subtle layers," she says.



The razor in action: Careful now!

Finally, Heidi piled Mary Anne's hair on top of her head for a sophisticated, drop-dead gorgeous look.

★ Clothes

To continue the glam theme, we picked out these clothes for Mary Anne. The satin dress from **Rise** had a sexy lace-up back and looked totally stylish over a pair of straight charcoal grey trousers from **New Look.**

Some simple shoes from **Faith** completed the transformation.

Mary Anne's verdict

"I adore my new look! The make-up looks amazing – it's really glamourous. I'm going to start experimenting with darker colours from now on. My hair and clothes are dead glam too. I feel like a star!"

Clair Neath, 13, from Hastings, East Sussex wanted a glittery, party look and that's just what we gave her...

"People think I'm pretty quiet, but I've got a **secret side** only my closest friends know about. I usually opt for a natural look, but underneath there's a **total disco babe** dying to get out.

I love trying out loads of **different shimmery looks**, but I'd never dare go out and about in such outrageous make-up. It's for my mates' eyes only.

What I really want is to be able to **apply sparkle with confidence** when I go out. **Sugar**, can you give me what it takes?"

Party

★ Make-up

To start Clair's party transformation, James used **17 Sheer Cover Tinted Moisturiser** in Perfectly Fair, £3.20, on her face so her make-up didn't look too heavy against her fair skin. Then he applied **Pressed Powder** in Perfectly Fair £3.15. "It helps make-up last longer and stops any shine," he explained.

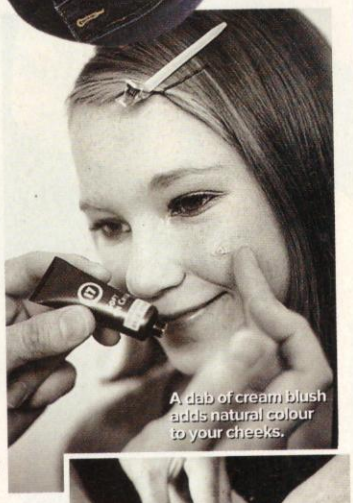
Next he used **Soft Blush Cream** in Spun Sugar, £2.65, on her cheekbones. "It's easier to build up very gently," he said.

Clair's eyes needed to look good on the dancefloor so James set about creating the perfect disco diva eyes and let Clair in on a great tip.

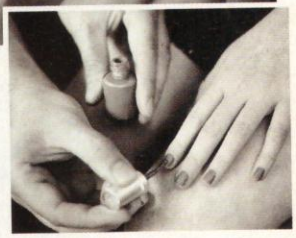
"A great way of getting lots of colour for a night out is to use a cream eyeshadow then pat the same shade of powder eyeshadow on top to set it," he revealed.

He gently dabbed **Shadow Threesome** in Forest Fields, £3.95, onto Clair's eyelids with his finger. For a soft finish he then smudged a small amount of eyeshadow just under the eyes.

For a long-lasting lip colour that would stay put through the wildest parties, James applied **Colour Renew Lipstick** in Birthday Suit, £2.90. For nails that would really stand out on the dancefloor, James painted Clair's with **Advanced Wear One Coat Nail Polish** in Atlantis, £2.55. For the finishing touch, he dusted her face with **Pot of Gold**, £4.40.



A dab of cream blush adds natural colour to your cheeks.



Clair's eyes were lined with **17 Perfect Definition Eyeliner** in Soft Black, £2.15.

Must-have products for this look...

17 Big Volume Mascara, £3.75.
17 Sheer Cover Tinted Moisturiser in Perfectly Fair, £3.20.

Clair gets over-excited about her new colour.

★ Hair

To complete the disco diva look, Paul put some subtle highlights through Clair's lovely natural red hair to add a glimmer of gold that would catch the light and sparkle while she danced.

Heidi trimmed the ends of Clair's hair to make the shape of her cut very blunt with a short, striking fringe. Then she got to work with the steam straighteners.

A small amount of John Frieda Frizzease serum, £5.95, fixed the look so it would definitely last the night.

Makeover photos: **David Oldfield**. Words and styling: **Heidi Schumacher**. Hair stylist: **Heidi Stanton for John Frieda**. Make-up artist **Paul Valley for John Frieda**. Make-up: **James McMahon**. Still life photos: **Foto Theme, Studio 21**.

girl

★ Clothes

We dressed the new party-look Clair in this sequinned dress from **New Look**. It was perfect as the beautiful dark blue colour showed off her wild new make-up.

A pair of gorgeous strappy gold shoes from **Faith** finished off her look in true disco style.

Clair's verdict

"I had a brilliant day and I loved the make-up James used. I'd never have dared wear colours like these before but I'm definitely going to try them again. I feel so different. I bet all my friends are going to get the same haircut too. I feel fantastic."

Makeover photos: **David Oldfield**. Words and styling: **Heidi Schumacher**. Hair stylist: **Heid Stanton for John Frieda**.
Hair colourist: Paul Yolley for John Frieda. Make up: James McMahon. All the photos: Foto Theme, Studio 21

A Sugar/17 special

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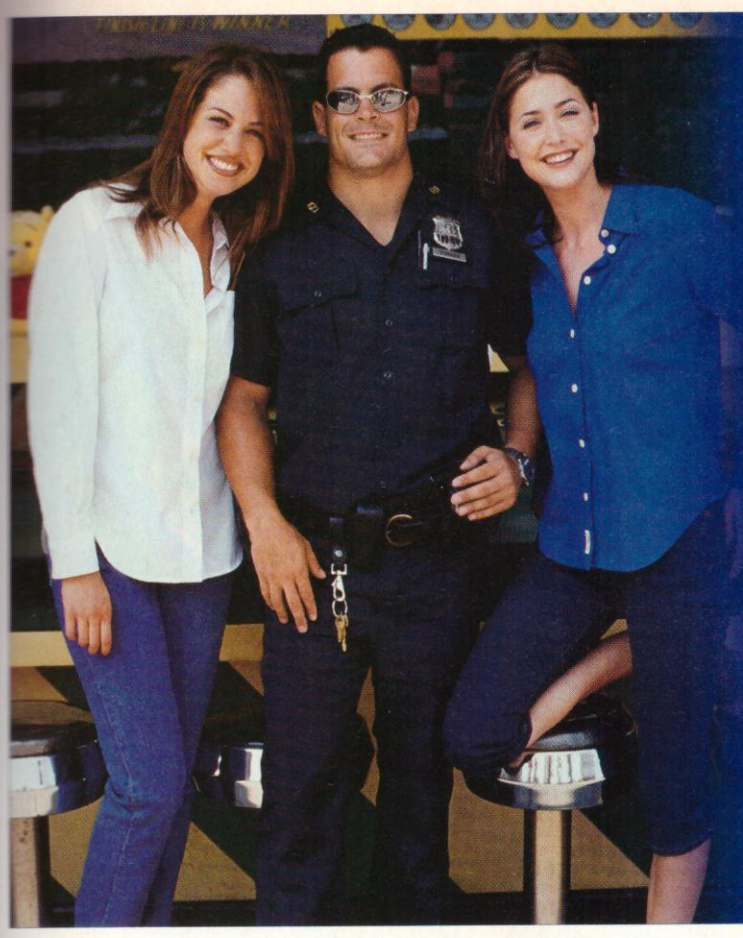

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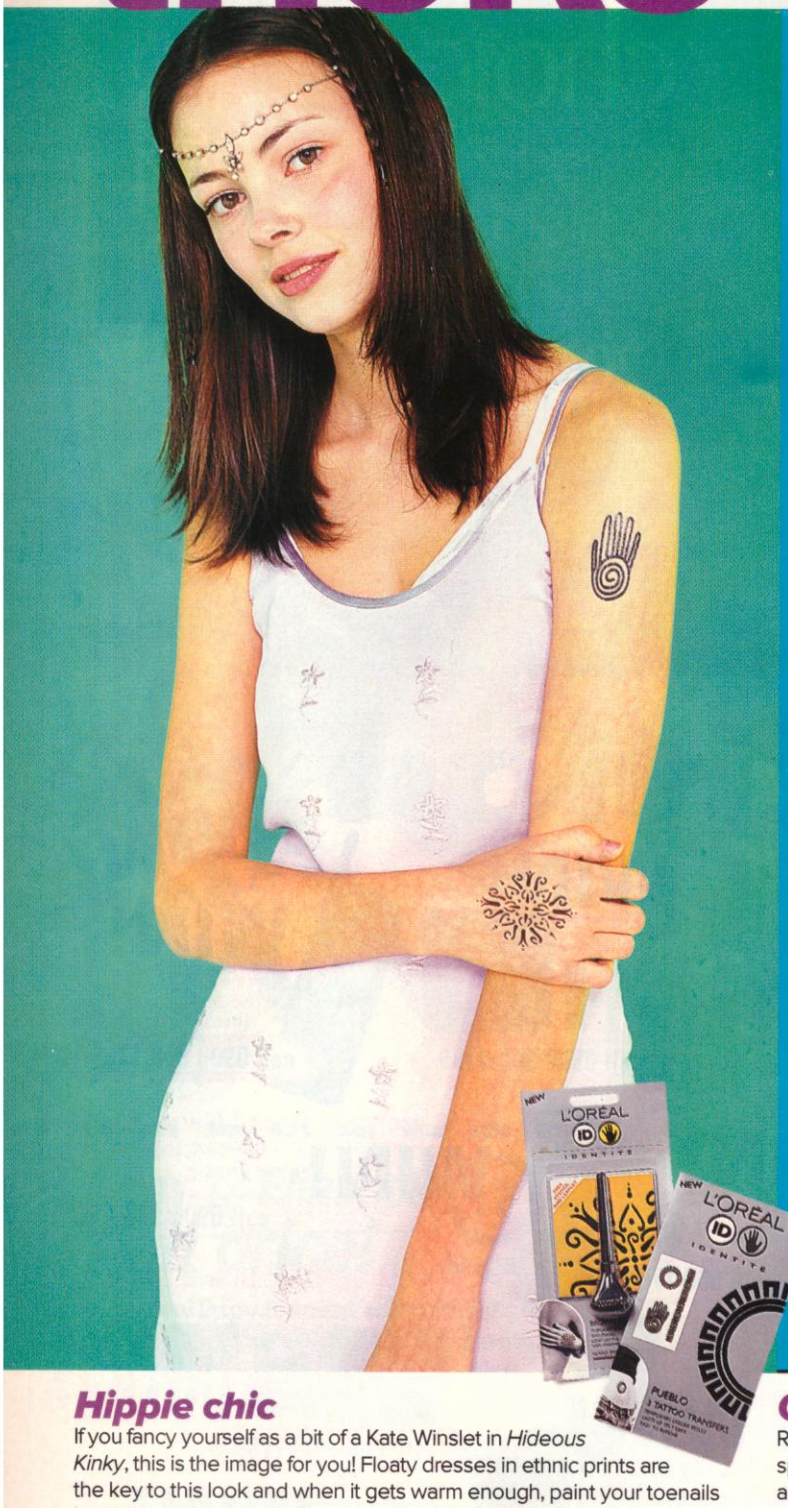


Hippie chic

If you fancy yourself as a bit of a Kate Winslet in *Hideous Kinky*, this is the image for you! Floaty dresses in ethnic prints are the key to this look and when it gets warm enough, paint your toenails in rainbow colours and show 'em off in Birkenstock sandals.

Keep hair sweet and simple – girly plaits look great – and stock up on lilac make-up, this season's coolest shade. Mehndi is the perfect accessory for this look. We used **L'Oréal ID** Brown Mehndi Kit, £8.99 which makes creating your own designs simple. Just use the foolproof pen to fill in the stencil, or copy one of the cool designs on the enclosed leaflet.

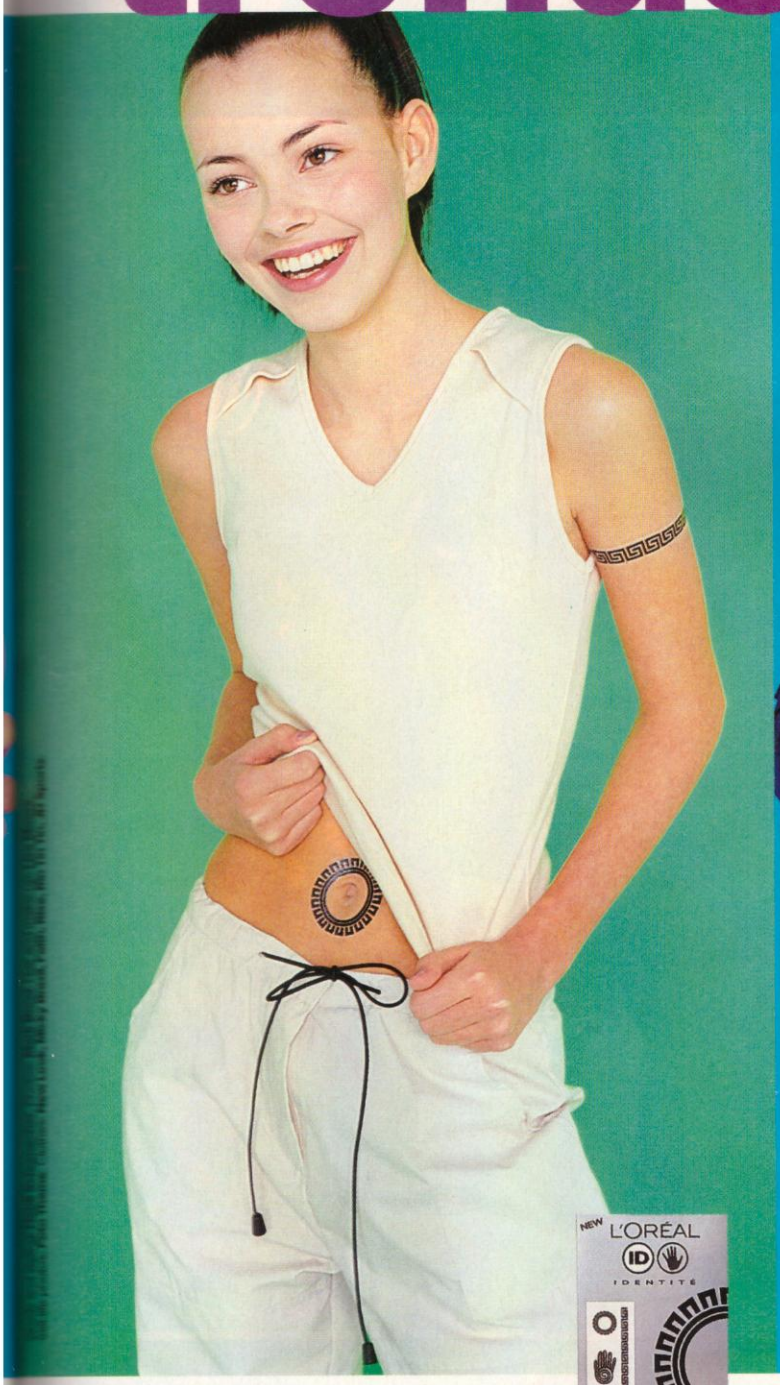
Glamour girl

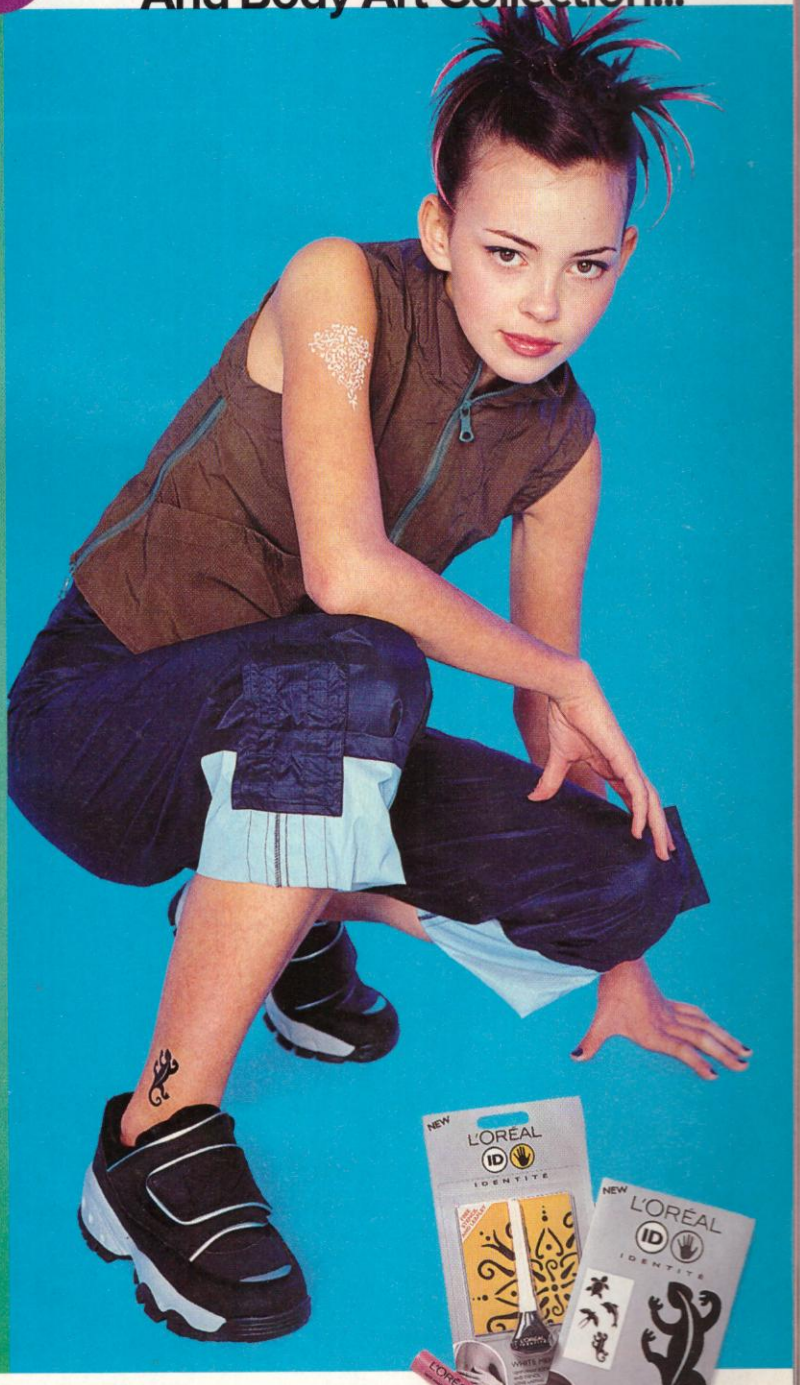
Recreate that Hollywood look with sparkly black dresses or pencil skirts and slinky vest tops teamed with kitten-heeled mules for a big night out.

For ultra-glam make-up, emphasise your eyes and keep lips simple with a hint of gloss. Wear hair sleek and add a touch of temporary colour with **L'Oréal ID** Hair Colour Mousse in Purple, £5.99. It's easy to apply thanks to a clever brush applicator which keeps hair looking soft and styled. For added sophistication, apply **L'Oréal ID** Club Mix Tattoo Transfers, £2.99 and colour in with **L'Oréal ID** Body Art Pencil, £3.99.

trends

To freshen up your style for spring/ summer '99 all you need is the L'Oréal ID Hair And Body Art Collection...





Sporty girl

You don't have to be an exercise junky to look cool in sportswear! Team baggy, drawstring pants with a fitted little T-shirt or fleece and trainers.

Keep your look fresh-faced and natural by wearing neutral make-up – mascara and a touch of lip gloss should do it – and scrape hair back into a high ponytail or draw it up into cute pigtails. Sporty girls are into cool body art (think Sporty Spice!) so decorate your tummy or upper arms with **L'Oréal ID** Pueblo Tattoo Transfers, £2.99. The tattoos look good enough to be real but can be easily removed with surgical spirit.

Street style

The All Saints look will still be big news in '99. Big, baggy trousers and zip-up tops or three-quarter trousers and cute fleece body warmers look great worn with chunky trainers.

You can get away with quite strong make-up with this look and your hair can be as wild as you like! Go mad with spikes and experiment with temporary colour, like **L'Oréal ID** Hair Mascara in Pink, £5.99. Get the perfect finishing touch by being creative with **L'Oréal ID** White Mehndi Kit, £8.99 and **L'Oréal ID** Animalia Tattoo Transfers, £2.99.

Buffy kicks

Cheerleader by day, vampire slayer by night, Buffy has high-kicked her way onto our screens and into our hearts...

Buffy history

Into each generation, a slayer is born. One girl in all the world, a chosen one. One born with the power to find vampires where they gather and to stop the spread of their evil...

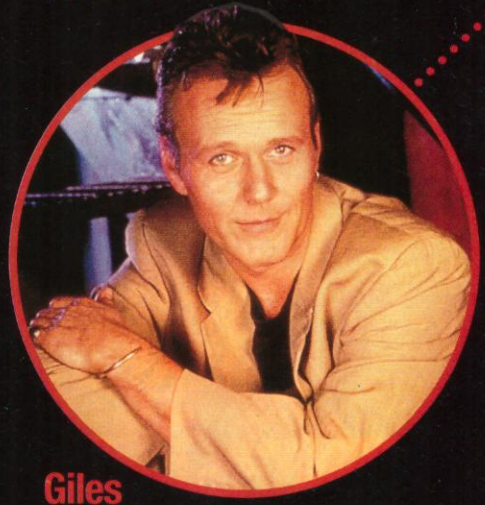
Slayer set-up

Outwardly normal Buffy Summers hunts vampires in the fang-infested fictional South California town of Sunnydale. The town sits on a hellmouth that draws vampires like flies. Bummer!

Six hundred years ago, the most evil vampire of all, The Master, got stuck there. His constant aim is to walk the Earth and trigger a vampire feeding frenzy. It's Buffy's job to stop him.

Anyway, that's why, every Wednesday night, we all get to watch cheerleaders bursting into flames, vampires getting sliced and Buffy generally kicking butt. Cool, huh?

Who's who?



Giles

The fussy school librarian (also the bloke in the original Gold Blend ads, coffee fans) is also Buffy's Watcher. It's up to him to keep her focused on dispatching the undead with acrobatic kicks and a bag full of stakes.

Best Giles line *"Buffy, you aren't, by any chance, giving away your secret identity just to impress cute boys are you?"*

Willow Rosenberg

Chronically shy, school nerd Willow finds it easier to relate to computers than people. Then she meets Buffy and becomes a vampire research whizz. Buffy also convinces her to loosen up a little, which is how she ends up on a date with a bloodsucker. Oops!

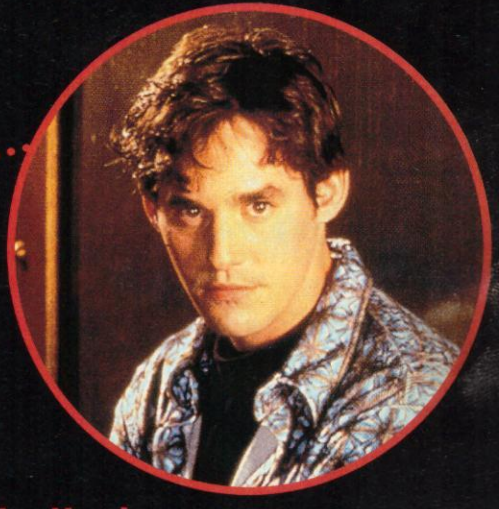
Best Willow line *"I don't get wild. Wild on me equals spaz!"*

butt!

Cordelia Chase

Cordelia's life consists of parties, bad hair days and worrying about how, like, popular she is. She's rude, obnoxious and completely self-obsessed. Only time will tell if she becomes a fully paid-up member of the vampire gang.

Best Cordelia line *"I am, of course, having my dress specially made. Off-the-rack gives me hives."*



Xandar Harris

Xandar's good-looking in a geeky sort of way, but he's something of a social outcast at Sunnydale High. His only real mate is Willow. He tries his best to help Buffy, but usually only succeeds in getting in the way.

Best Xandar line *"Buffy, my whole life just flashed before my eyes. I've got to get me a life."*

Buffy Summers

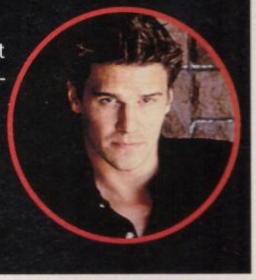
Yup, you guessed it, Buffy is the Slayer. It's her job to stop the living dead from taking over the Earth, which is a serious pain in the butt when you've still got homework to do.

Best Buffy line *"By the way, I don't think we've been properly introduced. I'm Buffy… you're history."*

Angel

Angel may be a vampire, but he's not your average blood-sucking creep. He's Buffy's dream boy and all-round nice guy. Or is he?

Best Angel line *"I want to learn from you, but I don't want to dress like you."*



Sarah Michelle Gellar

Scary in the right places, *Buffy The Vampire Slayer* is cool and funny everywhere else. It's no small thanks to the star of the series, Sarah Michelle Gellar.

You remember her. The one out of *Scream 2* and *I Know What You Did Last Summer*. Don't let her good looks fool you though, she's probably one of the toughest actresses around. And not only because she's studied Tae Kwon Do for two years and is an accomplished brown belt. This 19-year-old kicks really knows how to kick verbal butt...

On Buffy

"Buffy doesn't know if she wants to be a cheerleader or fight vampires. She doesn't belong, that's why you feel for her."

On her first big break

"I was eating in a restaurant when I was three and a half and some woman came up to my mother. A week later, I was filming my first TV movie."

On going blonde

"Yeah, it's natural. I just woke up one morning and had blonde hair and black roots. Go figure!"

On her job

"I get all my energy from work. I scream, I yell. I come home. I go to sleep."

How to get the Buffy look

Fancy yourself as a bit of a Buffy? Well, if you're going to start hunting bloodsuckers, you've gotta dress appropriately! Here's your essential guide to slayer style:

Short skirt For distracting those naughty vampire types.

Kinky knee boots Perfect for kicking some serious ass.

Jennifer Aniston style hair Because you're worth it.

Girlie cardigan To safeguard your secret slaying identity.

Crucifix necklace For keeping the evil undead at bay.

Small but stylish bag To keep your stake in. What else?

Buffy speak

Buffy's trend-setting jargon flies off the tongue like a bat out of hell. Here are a few choice phrases:

- *Vague that up for me would ya?* (*Sarcastic*) That made no sense.
- *Dated* History, past it.
- *Carbon-dated* Very past it.
- *Exorcist twist* Something that makes your head spin.
- *Übersuck* Major bummer.
- *The wacky* Something really stupid eg love makes you do the wacky.
- *Totally yester* It's over.
- *Ooky* Not very well.

Slayer guide: Charlotte Richards. Photos: Katz/Outline.

Mad for it!!

We've got our hands on some crazy stuff, and all you have to do to win 'em is to call the number, pick your prize, crack the code and it's yours! **0991 108980** Instant Win!

win Pentium II Computer

with Windows 98!

0839 404051 Instant Win!

GIRL POWER

Get the better of blokes and practice your Girl Power..

* BABY-G WATCH + TOMMY GIRL STUFF * £200 OF RIVER ISLAND VOUCHERS
* £200 OF HMV VOUCHERS * 14' TV OR VIDEO SYSTEM!

PLUS a whole bunch of other instant win prizes if you score 3, 4 or 5!

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Are you Leo's Love Match?

Call now to see if the two of you would be a match made in heaven! Follow the path to Leo's Heart....

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win Leonardo Collection!

Soundtracks, Books, Posters and more! **0991 104155**

win £200 of Clothes!

From the store of your choice.

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A week of fun in the sun for FOUR people in one of these holiday hot spots!

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Entrants must be over 16

win 5ive goodie bag!

0991 104153

win Backstreet Boys goodies!

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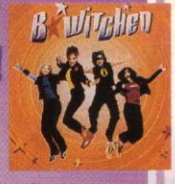
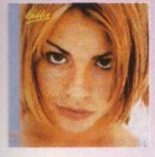
win B*Witched goodies!

0991 108988





win Billie goodies!

0991 108989

PRIZEBUSTER

THE HIGHER THE SCORE THE BIGGER THE PRIZE!

Personal Stereos, Video Players, PlayStations, Nintendo 64's, 14" Remote Controlled TV's and many other prizes!

0660 151603 Instant Win!

win a Baby-G Watch

0991 108982

win Adidas Sports watch

0991 104151

win PlayStation

0991 108986

win Nintendo 64!

0991 108985

win Amstrad Micro hi-fi!

0991 108983

win a Sony Discman

0991 108984

win a £100 of Make Up

0991 104152

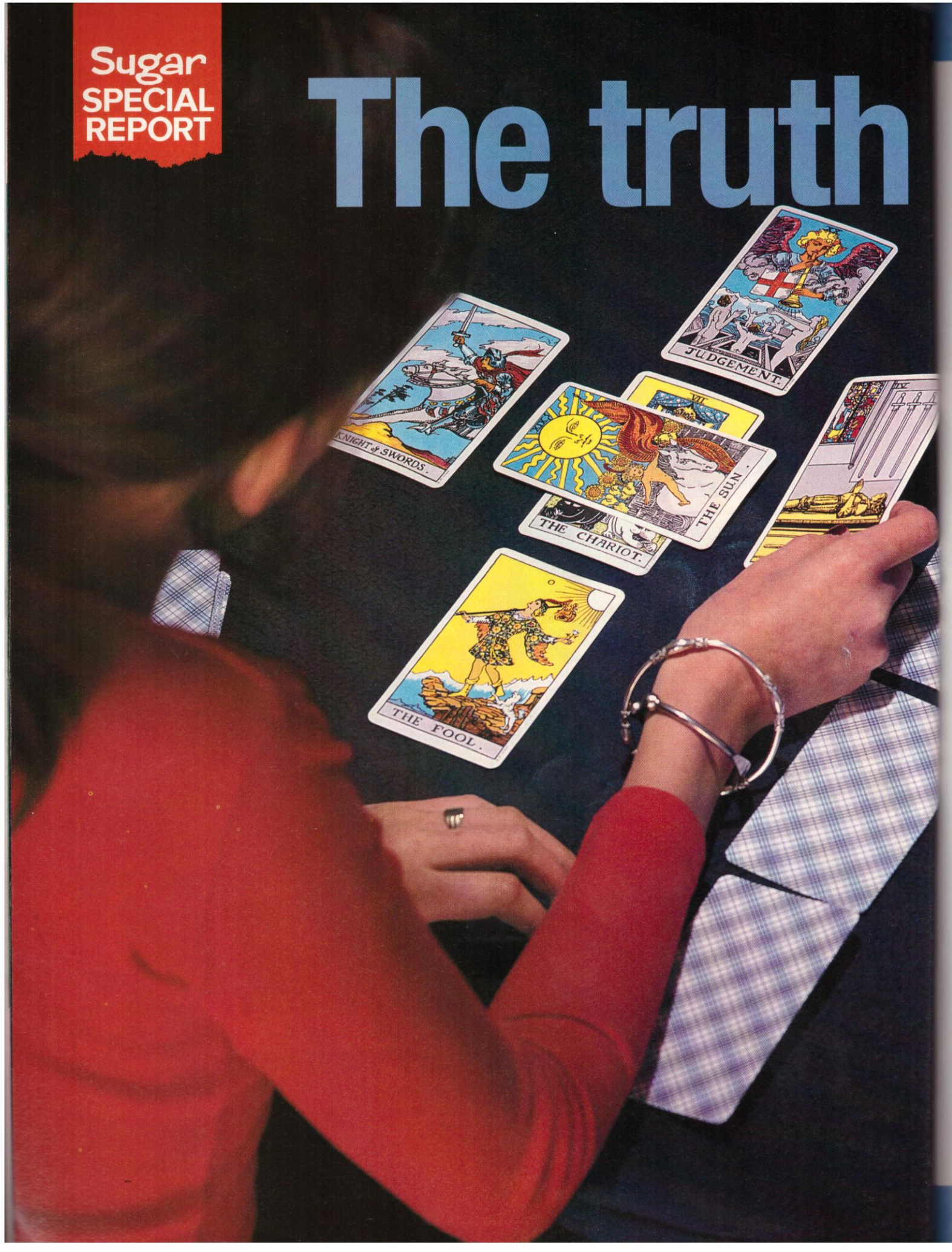
To win one of these great prizes just call the telephone number shown and follow the instructions. Most competitions require a tone phone.

Instant Win Competitions. If a competition is marked INSTANT WIN then you will be told if you are a winner during your call. Instant Win competitions have multiple choice questions plus a game to decide if you are an instant winner.

Other competitions involve multiple choice questions with tiebreaker and end on the 28th February 1999 (unless otherwise indicated), after which they may be replaced by a similar service on the same number. **Calls to these numbers cost up to £3, so it is important that you ask permission from the person who pays the phone bill.** If you would like a copy of the rules or a list of winners' names, see our web site or send a stamped addressed envelope to the address below. If you win send your claim to **InfoMedia Services Limited** 'Claims Dept'. PO Box 28 Northampton NN1 5DS. Helpline: 01604 542399. Winners Line: 0660 011001. **www.InfoMedia-Services.co.uk**

Sugar
SPECIAL
REPORT

The truth



behind the tarot

A bit of harmless fun or the devil's work? Charlotte Richards investigates the scary world of tarot...

Tasha Rooney has been reading tarot cards for two years

Melanie, 14, and her best friends, Wendy and Vicky, were having a great time wandering around the fair that had come to visit their village. They were mucking around eating candy floss when Melanie suddenly spotted a sign for tarot readings.

"I've got to give it a go. I've always wanted to have my cards read," she said as she disappeared into the tent. She had no idea that what she was about to hear would change her life.

Death card

At first, a lot of what the tarot reader told Melanie seemed quite accurate. "It was general stuff about my family and school." But then the tarot card reader turned over the Death card and the atmosphere inside the tent changed.

"She said she didn't want to continue the reading and asked me to leave," says Melanie, nervously tucking her hair behind her ear.

"Of course, I was upset and worried. I wanted to know what was wrong, but the more I pushed the reader to tell me what she'd seen in the cards, the edgier she got.

"In the end, she blurted out that she couldn't see anything in my cards after my 15th birthday. I stared at her in disbelief. 'Does that mean I'm going to die?' I stuttered in horror. But she refused to answer and told me to leave."

Melanie ran out of the tent in tears. Her friends were waiting outside, but she pushed by them and ran home where she collapsed in a heap on her bed, crying her eyes out.

Nightmare

What should have been a fun visit to a tarot card reader spiralled into an all-consuming nightmare for Melanie.

"I couldn't sleep and when I did I had terrible dreams. All I could think about was what the tarot reader had said.

"Other girls my age were going to parties, having fun, but I couldn't bring myself to join in. I couldn't see the point.

"The tarot reader totally wrecked my life," Melanie admits.

"As time passed, I panicked more and more. It got so bad, I couldn't even face leaving the house and told Mum I was sick.

"I spent whole days in bed crying. My whole personality changed, I had dark circles under my eyes, my hair was lank and I lost loads of weight."

A way through

Eventually, unable to carry the burden of worry by herself any longer, Melanie told her mum what had happened,

"She was fantastic. She got out loads of books on tarot from the library and we read them together. Then she took me to see another tarot card reader at a specialist shop. I was given another reading, that left me in no doubt that I was in no immediate danger of dying. The reader also told me that the cards should only be used as a guide and anyone who says otherwise is not doing their job.

"I felt fantastic. It was like tasting freedom for the first time. I'm just angry that I let it affect my life for so long," says Melanie, who is now 16, happy and healthy.

> **"I panicked. I got so bad, I couldn't even face leaving the house"**

What is tarot?

Thousands of people consult tarot cards every day. An average reading costs anything between £5 and £10.

Opinion on the tarot differs wildly. A tarot card reader believes that when they shuffle the cards and spread them out in a specific pattern, they are being guided by a higher force and can find out things about our lives and future.

But many others believe that tarot cards can be a means of contacting evil spirits. There are reported cases where cards have suddenly burst into flames and priests have been called to perform exorcisms.

Positive

Tasha Rooney, 15, has been doing readings for two years. She believes that only good can come from it.

"Tarot is just a way of finding a kind of guidance. Even the Death card doesn't actually mean someone's going to die. It just

Nancy Zikri thought tarot cards were a lot of superstitious rubbish until her friend did a reading for her

Psychic Mike Korel says tarot cards should be handled with care

symbolises the end of one phase in your life and the beginning of another, so it's actually quite positive.

"I believe everything that happens has some significance, so the pattern the cards fall into when you deal them must have a meaning.

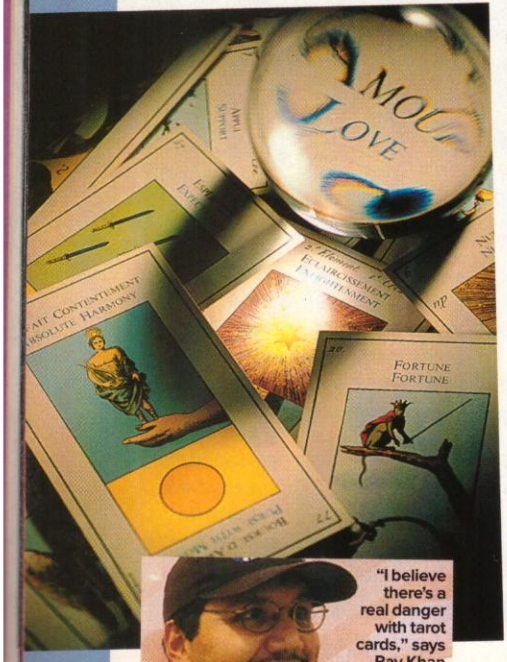
"We've got GCSE's coming up soon, so a lot of my friends have asked me how they will go. I've seen loads of relevant cards come up."

Her friend Nancy Zikri, 15, agrees. She always thought tarot cards were a lot of superstitious rubbish until Tasha did a reading for her. "When she asked me if I wanted her to do my cards one lunchtime, I only said yes for a laugh.

"She told me all about a holiday I was going to have and warned me that the people I met there could turn out to be really important to me in the future."

Because of what Tasha had told her, Nancy made an extra effort to make friends when she went on holiday.

She's still in touch with them now and her social life has changed beyond all recognition. Nancy now believes that tarot can't predict the future, but it can help you take control over your fate.



"I believe there's a real danger with tarot cards," says Ray Khan

Danger

But not everyone agrees. Ray Khan, a Church of England youth advisor in South London, has a very different opinion. He thinks you shouldn't meddle with things you don't understand. "As a Christian, I believe there is a spiritual aspect to life. I believe there's a real danger that, with things like tarot cards, you could open yourself up to all sorts of unhealthy stuff.

"There are evil forces out there and I've heard enough stories to know that they can be contacted through tarot cards.

"I know people who've been totally messed up by getting involved in spiritual matters that they don't understand."

Ray believes it's much better to learn to make decisions for yourself. "I've met people who can't get out of bed in the morning without consulting the cards. That's no way to live your life, is it?"

Obsession

Karen, 17, should know. She taught herself how to use tarot cards. She used them to help get over a split with her boyfriend and, before long, she was consulting them before making even the most insignificant decision. "I literally couldn't leave the house unless the cards told me I was going to have a good day.

"If what the cards told me was bad, I just stayed at home. My friends didn't know what was wrong with me.

"Then, I suddenly realised how sad my life had become. I'd shut out my friends and family all for the sake of a pack of cards. I threw the cards in the bin and I haven't touched them since."

"I realised how sad my life had become, all for the sake of some cards"

A pinch of salt

The problem is, when you use tarot cards you are often in a vulnerable position. If, like Karen, you're using them to get over something traumatic like a broken heart, it's easy to become reliant on them.

Mike Korel, a psychic and professional tarot card reader, agrees that you should be careful. "The problem is when you read someone's cards, you're playing with their feelings.

"People who want their cards done usually have a specific question in mind, like Karen, and they can be quite vulnerable."

If you decide to have a tarot reading, think carefully about your motives beforehand. Sure, it can be interesting and good fun, but as Melanie and Karen found out to their cost, it's a good idea to approach the cards sensibly and you should take everything you're told with a large pinch of salt.

Tarot: points to remember...

Make sure you go to a trustworthy professional to have your tarot cards read. A reading should leave you feeling reassured.

Reputable tarot readers can always be contacted through specialist shops.

And, if like Melanie, you have a grievance, you have somewhere to go back to.

Remember that the tarot is a guide, nothing more, just like reading your horoscope. At the end of the day, you are the only person who can control your destiny.

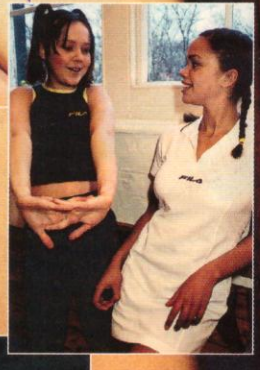
Photos: Tim Roney, Giles, Telegraph Colour Picture Library.

a Sugar/Fila promotion

Knock 'em dead!

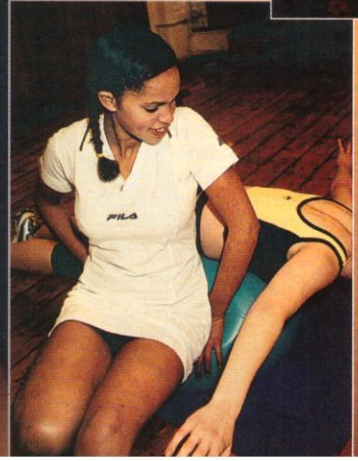
Beat the winter chill by training indoors, and be a knockout in the latest range of sportswear from Fila...

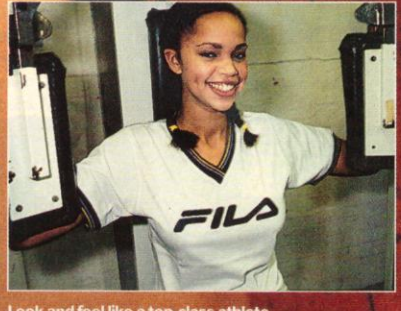
Touch those toes: Always warm up before exercising.



Fila sportswear is made from technical fabrics for maximum performance and comfort.

Working out in twos means you'll motivate each other... and have fun!



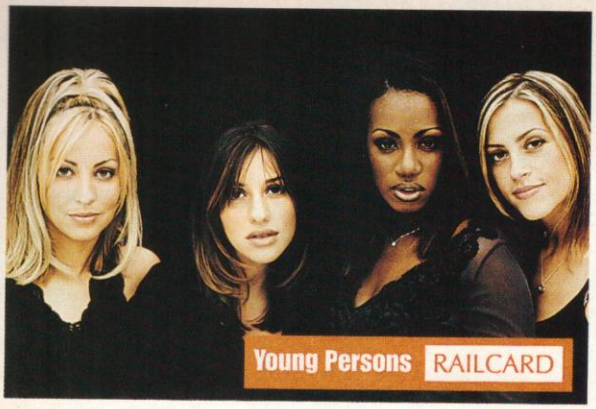


Look and feel like a top-class athlete in functional and stylish Fila gear.

Seconds out

If all this action has inspired you to hit the gym, you can get all the clothes on this page and more from Fila's new range. For more information, call Fila on 0191 495 4900.

Photos: GB. Hair and make-up: Abigail at Time.



Free for all!

Wanna get your hands on some great new gifts but don't fancy paying a penny for 'em? Then check out this little lot...

2 All Saints concert tickets plus 25 Railcards

Yes, you and a friend could end up with an all expenses paid trip to see All Saints in concert! And 25 runners-up will bag a Young Persons Railcard worth £18, which entitles you to one third off most rail fares as well as discounts on loads of other stuff. The card is for 16-25 year olds, but don't worry if you're younger, you can save it until you're 16.

0660 191 943

or write to **Sugar**, *PO Box 2812, London W1A 5LN**

10 designer watches

Whether it's Kickers, Kangol, Morgan, Generation Next or Pepsi we have the perfect watch for you! Prices range from £29.99 to £89.99 and we've got one of each! Just tell us which brand you fancy when you call.

0660 191 950

or write to **Sugar**, *PO Box 2810, London W1A 5LJ**

20 Organics sets and BaByliss hairdryers

Win this prize and you'll have the most gorgeous hair in town! You'll receive Organics Firm Control and Maximum Control Mousse, Heat Activated Shampoo and Conditioner and a BaByliss Rapide Style And Dry Brush. So you can style your hair the way you want, without having to worry about damaging it! Each set is worth £35.

0660 191 946

or write to **Sugar**, *PO Box 2139, London W1A 5LL**

8 Walkers goody bags

To celebrate the launch of Walkers full-on flavour Max crisps, we've got eight kits containing a portable CD holder, a record bag and a funky orange T-shirt (not pictured) worth £80 each to give away. If you're dying to try the new Max taste crisps, look out for the Walkers Max Airship, flying over a town near you 'cause the Walkers Max squad will be nearby with free packs a-plenty!

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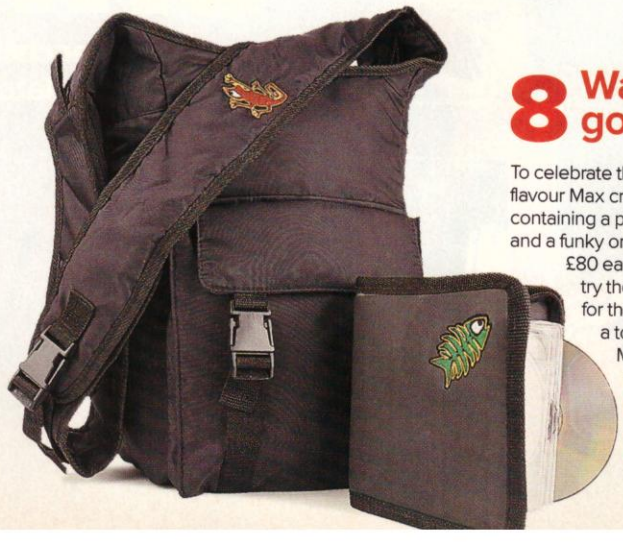

80 Collection 2000 nail polish sets

We have 80 sets of five lovely nail colours from the Collection 2000 Forces Of Nature range, worth £7.45, so get dialling fast!

0660 191 947

or write to **Sugar**, *PO Box 2811, London W1A 5LL**

100 Original Source sets

Worth £5.98 each, we have 100 sets of Tea Tree and Mint shampoo and conditioner to to get you feeling all stimulated and revitalised.

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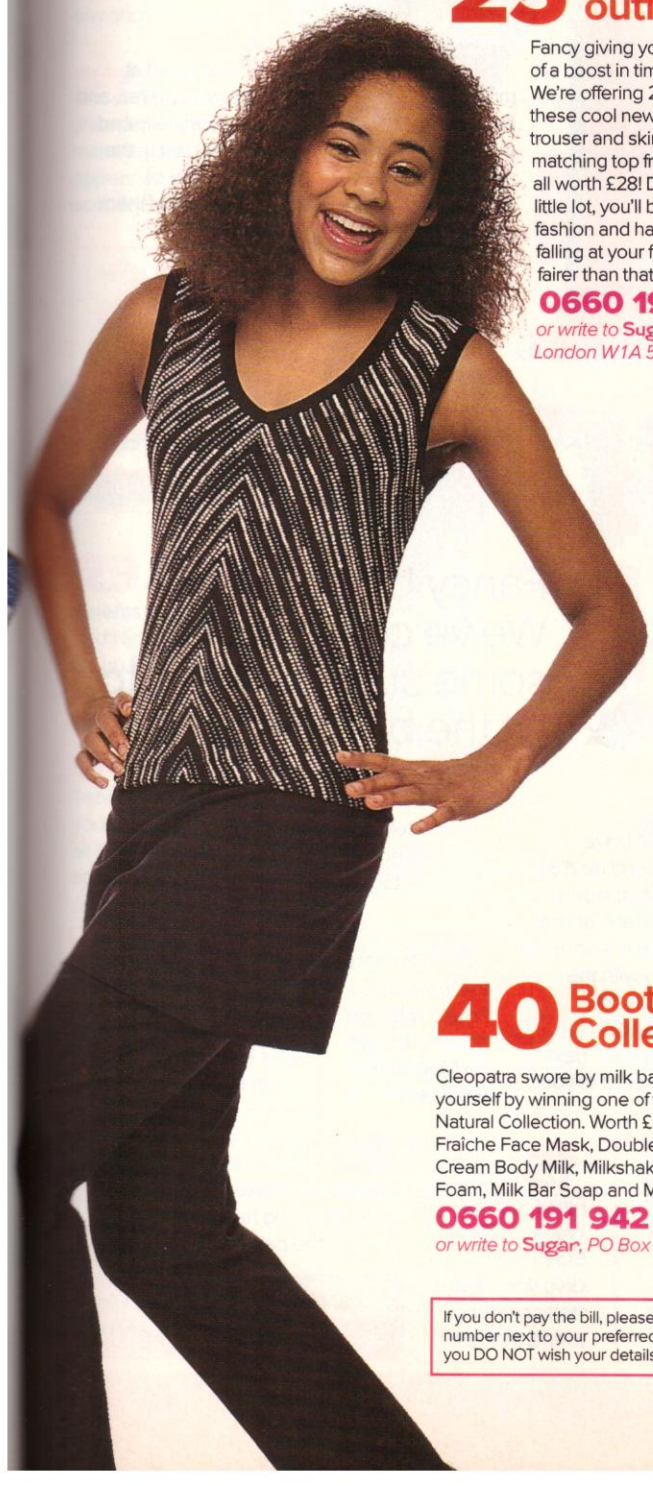
or write to **Sugar**, *PO Box 2319, London W1A 5LN**

25 Clockhouse outfits



Fancy giving your wardrobe a bit of a boost in time for spring? We're offering 25 lucky girlies these cool new two-in-one trouser and skirt combos *and* a matching top from Clockhouse, all worth £28! Dressed in this little lot, you'll be the height of fashion and have the boys falling at your feet. Can't say fairer than that!

0660 191 948

or write to **Sugar**, *PO Box 2811, London W1A 5LL**

80 Sally Hansen nail kits

Gorgeous, healthy nails can be yours with Sally Hansen Cuticle Defence to keep cuticles healthy and Hard As Nails to strengthen and protect weak nails. Worth £9.20 they'll soon have your nails on the way to perfection!

0660 191 949

or write to **Sugar** *PO Box 2810, London W1A 5LJ**

47 Nice Ideas arm bracelets

You can win one of these fab bracelets, worth £14.99, or just buy one for half price by writing to Nice Ideas, 3 Church Walk, Ringstead, Kettering, Northants NN14 4DQ, and mentioning **Sugar**.

0660 191 951

or write to **Sugar**, *PO Box 2810, London W1A 5LJ**

The vouchers offered in conjunction with the Tunes giveaway in our January issue, were in fact Arcadia vouchers. These can be used in all Arcadia stores including Debenhams, TopShop, Top Man, Dorothy Perkins and Principles.

40 Boots Natural Collection Milk sets

Cleopatra swore by milk baths and you can try one for yourself by winning one of these gorgeous sets from Boots Natural Collection. Worth £17.75, each set contains Creme Fraiche Face Mask, Double Cream Body Lotion, Lipsalve, Full Cream Body Milk, Milkshake Bubble Bath, Creamy Shower Foam, Milk Bar Soap and Milk Drop Bath Pearls.

0660 191 942

or write to **Sugar**, *PO Box 2812, London W1A 5LN**

If you don't pay the bill, please ask permission before using the phone. Entry lines close on March 15, 1999. Calls cost 50p a minute. Just dial the number next to your preferred prize. **Sugar** may permit other companies to make offers of products or services that may be of interest to you. If you DO NOT wish your details to be passed on, then please say "no" after the tone.

101 ways to get famous fast!

Fancy being a star? We've come up with some sure-fire ways to hit the big time...

1 Write the script for *Titanic 2* and sell it to a Hollywood big-wig. Cast Leo as the lead again with you as his co-star. A double whammy!

2 Streak naked across your local football pitch. Make sure there's a game on first, though.

3 Enter your family for *Family Fortunes*. And win!

4 Get yourself a supposedly behind-the-scenes job on one of Chris Evans' shows!

5 Get in the gossip columns by landing yourself a famous boyfriend. Michael Owen or Adam Rickitt'll do. It's a hard job but someone's got to do it!

6 Save something, like a cat up a tree, and get your pic in the local paper.

7 Discover a strangely shaped vegetable. The ruder the better!

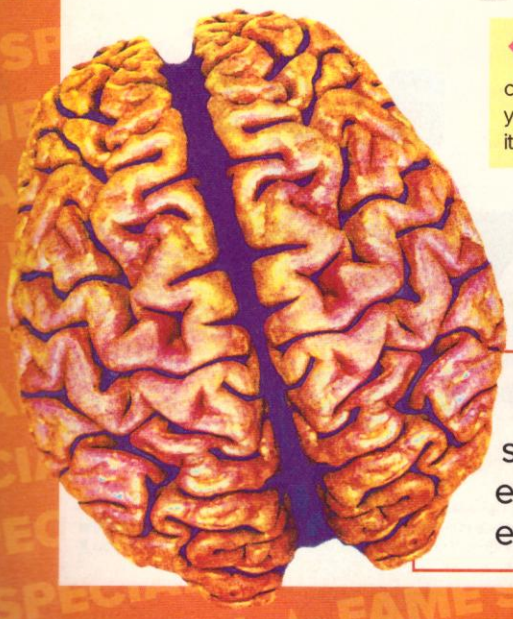
8 Break a world record. From tiddlywinks to sky-diving, dedication's all you need.

9 Develop an unusual talent like custard juggling.

10 Reckon your life's weird enough to make into a documentary? Then write with your ideas to: Factual Programmes, London Weekend Television, London Television Centre, Upper Ground, London SE1 9LT.

11 Wear outrageous clothes and be known for your crap fashion sense. Hey, it worked for Patsy Palmer.

12 Sell your secret diary to a publisher and become the next Bridget Jones.



13 Become a super-swot and take all your exams five years before everyone else.

14 Drive your boyfriend mad by talking about H from Steps all the time and end up on *Trisha* with the caption, "My girlfriend's obsessed!" next to a close-up of you.

15 Be the Family Of The Week on *The Big Breakfast*. Give your dad a fashion talking-to first, though.

16 Raise money for charity by wearing pyjamas for a month. You'll look stupid but at least you'll get noticed.

17 Get a job at a restaurant where famous people eat, spill soup down their designer togs, then sell your story.

18 Decorate the walls of your house with Five posters and get on *Neighbours From Hell*.

19 Develop a bizarre talent like touching your eyelid with your tongue, and see if *Blue Peter* will give you telly time and a badge for your trouble.

20 Get good at spotting TV cameras, and a) strolling casually and gorgeously past in the background, or b) running in front of them yelling, "Hi, Mum!".

21 Stop a crime. Be a heroine, do a good deed and be on your local evening news at the same time.

22 Join a band, but leave just before they make it big. Then sell your, "It should have been me!" story to the papers.

23 Get a walk-on part in *Grange Hill*.

Sugar Fame special

24 Buy a house in Ramsay Street and just happen to be putting the rubbish out every time they begin filming *Neighbours*.

25 Start a campaign to save the planet and turn into a clone of Anita Roddick from The Body Shop.

26 Become a professional ligger. Make yourself the perfect accessory for any showbiz bash.

27 Scour local shopping centres and make it your mission to appear on all the shop security cameras.

28 Get an alien boyfriend. We mean a *real* alien here...

29 Get famous parents to adopt you. Tom and Nicole will probably be up for it, going by their track record.

30 Design a funky T-shirt that's so groovy, you'll be commissioned by all the top stores. You'll be so busy you'll have to give up school – shame!

31 Become a member of the audience on Channel 4's *Late Lunch* and share your Spam sandwiches with the world! For free tickets call: 0171 261 3223.

32 Be the next **Sugar** cover girl. Look out for the dates of our next model competition, held in shopping centres around England and Ireland in the autumn.

33 Stick on a pair of combats, a tiny vest and some trendy glasses, then get together with your sister and two of your mates to form your very own All Saints tribute band.

34 Fall off your bike in a painful yet hilarious manner in front of an innocently-recording camera and send it to *You've Been Framed*.

35 Teach your pet to paint and enter its efforts into a snoot art competition. It's bound to win.

36 Write a steamy blockbuster novel then plug it relentlessly on the TV chat show circuit.

37 Be a pushy stage mother – with your dog – and recommend pet food on a well-paid ad.

38 Go the whole hog and volunteer to star in an ad for sanitary towels. With wings!

39 Wanna be a star? Then why not buy one and name it after you!

40 Complain. Anytime, anyplace, anywhere. Loudly.

41 Lie in a bath of baked beans and get your mates to push you down the high street. You'll not only be famous, but orange too!

42 Be on *Top Of The Pops*. Call the BBC on: 0181 576 1227.

43 Strut your stuff on the catwalk. Call the AMA for details. Tel: 0171 584 6466.

44 Get famous mates and follow them everywhere. Even to the toilet.

45 Become a boffin on a subject of your choice and go on TV to show off.

46 Enter the most moist macaroon or spongy sponge cake competition at a summer fête in your area. Next stop, *Ready, Steady, Cook*.

47 Invent an everlasting box of Pringles.

48 Busk outside a record company until they're so desperate to get rid of you, they agree to sign you up.

49 Tour as a dancer with a pop star like Madonna or Louise. Most dancers start by attending dance or theatre schools. Here are a few to try: Royal Academy of Dance (0171 223 0091); The Academy Theatre School (0171 377 8735); Council for Dance Education and Training (0181 746 0076).

50 Become *TFI Friday*'s ugly bird. Write to: Powerhouse Film & TV, 53 Marshall St, London W1V 1LL.

51 Turn up for the open auditions of a top West End musical. Keep an eye on showbiz bible *The Stage* for details.

52 Join a look-a-like agency.

53 Constantly fail your driving test and become a national star.

54 Send a photo and letter to our Over to you page.

55 Get a job as an extra on *Brookside*. You can mill about in The Millennium Club looking for dishy scousers!

56 Have a dodgy package holiday then go on *Watchdog* and tell Anne Robinson about it.

57 Win the Lottery.

58 Move to a tiny, sleepy village and become a born-again punk rocker. You'll be the talk of the town!

59 Win a gold medal at the Olympics. Shorts at the ready!

60 Travel everywhere on a Spacehopper. Much more interesting than waiting for the bus.

61 Have an out-of-body experience and tell Carol Vorderman all about it on *Mysteries*.

62 Polish up your Billie routine and go on *Stars In Their Eyes*.

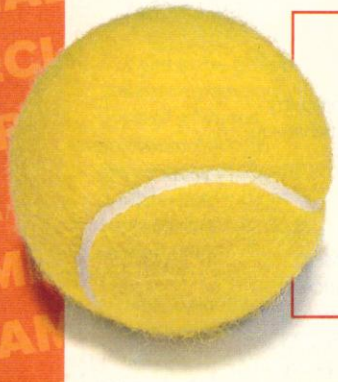
63 Encourage your brother or sister to get famous. Then cash in *à la* Paul Gallagher.

64 Go out in public wearing next-to-nothing. Liz Hurley swears by it, you know.

65 Write a gossip column and get paid to hang out with the stars.

66 Practise your soccer skills and be the first girl to play for England in the 2002 World Cup.

67 Pretend you're the long-lost daughter of someone famous.



68 Become a ball girl at Wimbledon. Remember to shave those legs!

69 Set up your own magazine and make it as popular as **Sugar**. But not *more* popular!

70 Offer to be maternity cover for Posh or Scary.

71 Buy a big pink costume and pretend to be Mrs Blobby.

72 Become a fashion designer and create weird and wonderful clothes out of old copies of **Sugar**.

73 Nick a famous person's boyfriend from them and get in the papers.

74 Sneeze non-stop for months. Bless you!

75 Teach your pet to say "sausages". Even your goldfish...

76 Find a friend whose taste you trust and offer up your bedrooms to *Changing Rooms* for a makeover.

77 Record a party song for the millennium.

78 Babysit for a famous person's child. Melanie Blatt's probably gagging for a night on the town by now.

79 Star in a magazine photo story.

80 Become pals with the *Friends* gang, and make them like you so much they ask you to join the cast.

81 Become a TV weather girl, appear on shows with cool comedians and gain instant ironic street cred.

82 Devise a catchy dance routine that everyone wants to copy. We're talking serious shape-throwing here.

83 Knit the world's longest scarf and wrap your entire school up in it.

84 Baby Spice, Billie, and Denise Van Outen all found fame after going to the Sylvia Young Theatre School. Call 0171 402 0673.

85 Go to the USA and pretend to be a member of the Royal family.

86 Become a charismatic multi-millionaire and make several failed attempts to fly round the world in a balloon.

87 Make like John Lennon and Yoko Ono and grow your hair while sitting under a blanket for two weeks campaigning for world peace.

88 Cook a meal on Junior Master Chef. Hungry friends will come flocking.

89 Get resuscitated by Charlie in *Casualty*.

90 Invent a unique haircut and become a style leader.

91 Bombard TV companies with letters and photos of yourself until they take you on. Well, it worked for our Leo body double.

92 Become Darren Day's latest fiancée. If his ex-girlfriends are anything to go by, it's very unlikely you'll end up actually having to marry him.

94 Grow the world's biggest carrot.

95 Learn astrology and become the new Mystic Meg. Then tell everyone you predicted it.

96 Discover an unknown Picasso painting at your local car boot sale.

97 Start a cool protest movement and appear on the news handcuffed to something.

98 Get a **Sugar** makeover. Write to Heidi at the **Sugar** address, with a photo of yourself and a note of what 'bit' you want made over.

99 Invent your own *South Park*-esque cartoon show and watch it take over the tellies of the world.

100 Write a ditty to perform at the Eurovision Song Contest.

93 Marry a tree.

101 Get abducted by spooky alien types. Just make sure that they bring you back!

"How I made it"

Ever wondered how the rich and famous got where they are today? Then read on…

Sugar Fame special

Joe Absolom

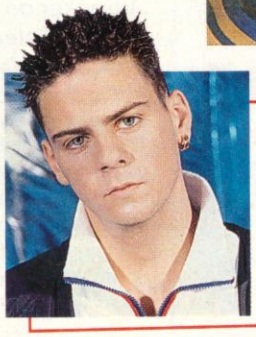
EastEnders star, Joe got his big break after entering the wonderful world of advertising. And no wonder with those balancing skills!

Lee, 911

"I went to a talent show at a local club and saw Jimmy and Spike dancing. After the show, I went up to them and told them they'd be much better with me as their singer! The rest is history…"

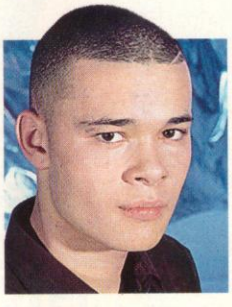
Davina McCall

"I was working as a booker at Models One model agency when I heard about a presenter's job on MTV and decided to go for it."



Scott, Five

"I was at the Sylvia Young Stage School and my first shot at fame was playing a thug in *EastEnders*. It was about two years ago when Gita and Sanjay were being racially abused." Charming!



Sean, Five

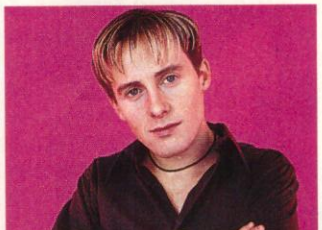
"When I was 13, I won the *Yamaha Young Composer Of The Year Award* which was judged by Eric Clapton and Phil Collins. I won £2,000, so I bought myself a really excellent keyboard to practise on."

Cerys, Catatonia

"I used to busk in Cardiff, and fellow band member Mark saw me and asked if I wanted to start a group with him. Of course, I jumped at the chance."

Patsy Kensit

Yup, that really is her. Way back before Pats decided to try her hand at singing, acting and marrying various pop stars, Mrs Gallagher made her name by advertising frozen peas! And doesn't she look sweet too?

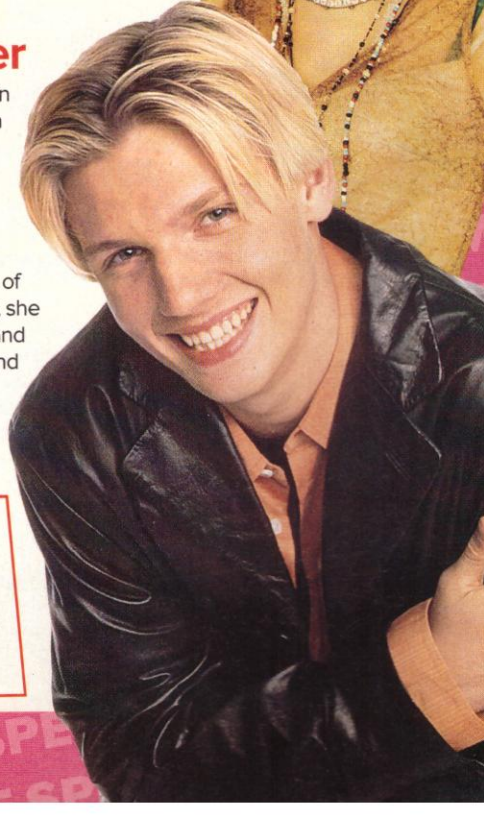


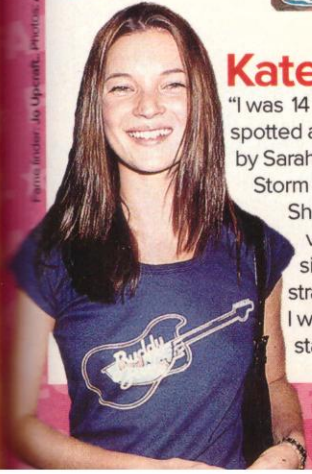
H from Steps

"My first big break came when I spotted an advert in *The Stage* looking for dancers. At the time, I was already semi-famous, I suppose – I was a Blue Coat at Pontin's holiday camp!"

Nick Carter

"My first breaks were in small adverts and as a film extra when I was very young. We moved to Orlando in Florida when I was four, and Mum would push me into all kinds of things. When I was 12, she heard about a new band that was starting up and got me an audition. The Backstreet Boys were born!"





Kate Moss

"I was 14 when I got spotted at JFK airport by Sarah Doukas of Storm model agency. She asked me to visit her and signed me straight away. I was just standing there!"

Kavana

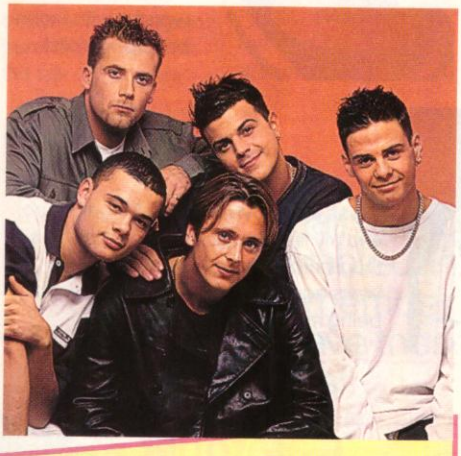
"I worked for Nigel Martin Smith, the man who created Take That, making tea and stuff. Nigel gave me my big break, but Take That gave me some tips, too."

Fame finder: Jo Upcraft, Photos: Advertising Archives, Alpha.
In the spotlight: Jo Upcraft, Sarah Tomczak, Photos: Studio 21.

Sugar Fame special

The stuff they don't tell you...

Glamour, money, free designer clobber and holidays in the Caribbean. Those are the perks of fame we've all heard about but what about the downside?



Emma, press officer for Five, tells it like it really is in the music industry...

● "If your band gets signed by a record company, you'll get loads of money, but it's only on loan and it will have to be paid back whether you like it or not." Doh!

● **"The loan might be huge, but you'll have to use it to pay for your videos, your hotel rooms and transport to and from gigs. And no self-respecting pop star goes anywhere economy class so it all adds up!**

● "Even top bands like Five are only given around £100 a week each as pocket money." It might sound a lot, but for that they have to work 24 hours a day, seven days a week.

● **Thanks to all that, most bands don't even start making any money for themselves until their second album. If they get that far...**

● "If you release three singles and none of them make the Top 20, chances are you'll be dropped." Charming!

On the plus side, money from fan clubs, merchandise, and private gigs all goes straight to the group, not the record company. Hurrah!

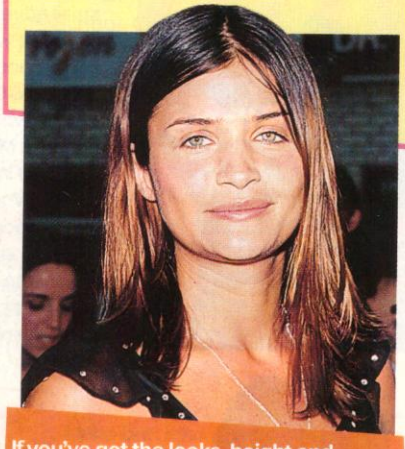
A booker on the New Faces desk at Select Models (who look after Helena Christensen) spills the beans...

● "If you're thinking about signing with an agency, you must make sure they're registered with the Association of Model Agents (AMA), or you risk being ripped off." Unregistered agencies can take stacks of cash off you without getting you any work.

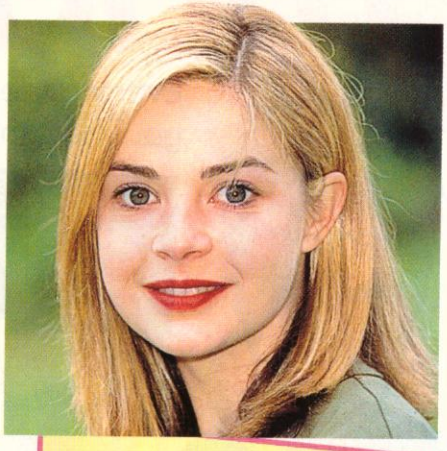
● **"When you sign with an agency, you open an 'account' which they put money into. But you have to pay for your model book, photos and model cards. You must also pay your travel costs to castings."**

● "You may be thrilled to find yourself signed to an agency, but most of them only take girls on a month's trial basis." If you don't get any interest, you could find your hopes dashed.

● **"Being rejected is hard for many girls to deal with." Being told you're not pretty/thin/interesting enough on a regular basis means you need a pretty thick skin.**



If you've got the looks, height and determination, you could do well but professionalism is the other thing that will get you a good rep and plenty of work.



Jo and Craig at Unique – agents to Gail Porter and Stuart Miles – give us the lowdown on the TV industry...

● "Fancy a career as a presenter? The only way in is to get experience, which is pretty hard to do in this field, because it's so popular and competitive." Watching *Live and Kicking* every Saturday morning doesn't count!

● **"Don't strut into an agent's office in your spangly leotard and break into a chorus from *Annie*." These guys need photos, a CV and a showreel, a video showing things you've done. So, forget that home movie of you miming along to B*witched.**

● "Agents may only approach after you've had your big break, but you'll probably only get your big break once you've got an agent!" Weird or what?

● **"Once you've signed to an agency, you'll have to shell out for publicity pictures." Those agency fees don't come cheap, either.**

● "You'll probably be taken on for a three-month trial, and if it doesn't work out, that's it." So long superstardom, hello Saturday job.

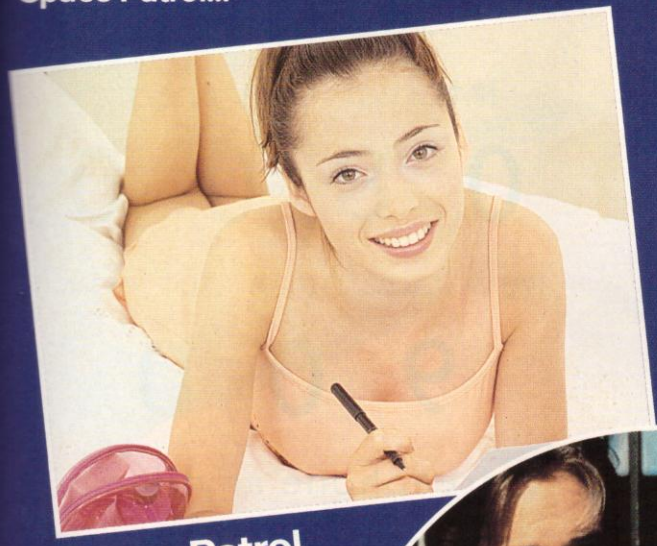
Agents specify in certain areas of the media, so make sure you choose the right people for you. With their help, the sky's the limit. See you on TV!

A little less starstruck: Sarah Tomczak. Photos: All Action, LFI.

a Sugar/Trouble promotion

Get into Trouble

Wanna watch some top TV this spring? Then Trouble is the place to be with a brilliant line-up of programmes including the brand new series Space Patrol...



Space Patrol

Coming soon on Trouble

Fed up with your flowery walls? Trouble will transform your pad into a palace! Every episode the Trouble gang, armed with an interior designer and £500, will be transforming one lucky viewer's room.

Girls Talk

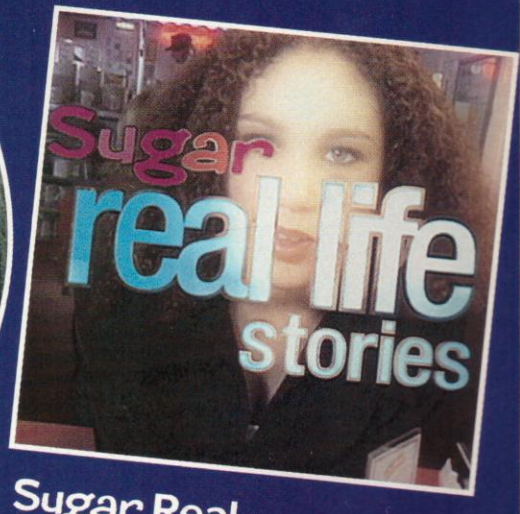
Sunday Febuary 21 at 6pm

Remember when the Spice Girls were just wannabes and Geri was still Ginger? This exclusive, hour-long special is an interview with the girls before all those number one hits, celebrity boyfriends and babies came along. It's also a chance to hear them talk openly about how they got started, what it feels like to be famous and take a peek behind the scenes of the Spice Empire. A must for all Spice fans!

City Guys

Weekdays 3.30pm

Jamal and Chris' adventures at Manhattan High continue as they wrestle with all the dramas normally associated with being a pair of average, but very cute, teenage boys.



Sugar Real Life Stories

Thursdays 6.30pm, Saturdays 3.45pm and Sundays 8.15 am & 3.45pm

If you love the real life stories in **Sugar**, you won't want to miss the TV version. This is your chance to meet the real people behind the true stories in your favourite magazine. Rebecca who's already a top-selling novelist at 17 and teen sweethearts Lisa and Danny who can't wait to get married are just a few who tell their stories. Some tales are funny, some are frightening and others are just downright incredible!

Tempestt

Weekdays 9am and 1pm

If you like watching other people wash their dirty laundry in public, then this is the show for you. Top US talk show host and former *Cosby Show* star Tempestt Bledsoe presents one of the freshest talk shows around. And with issues like cheating boyfriends and teen mums it's all about the sort of stuff that affects you.

Trouble

You can find out everything there is to know about Trouble programmes and their stars on the Trouble website... **www.trouble.co.uk.**
Exclusive to cable, satellite and SkyDigital

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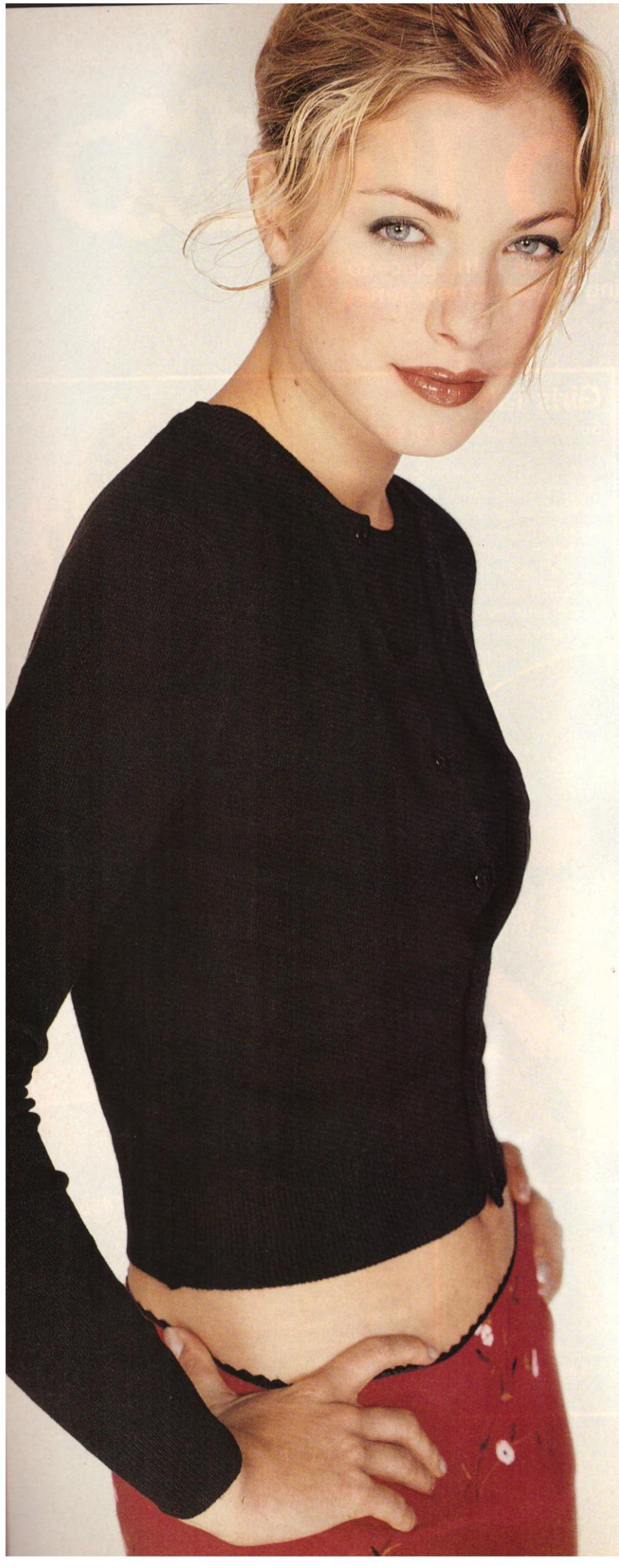

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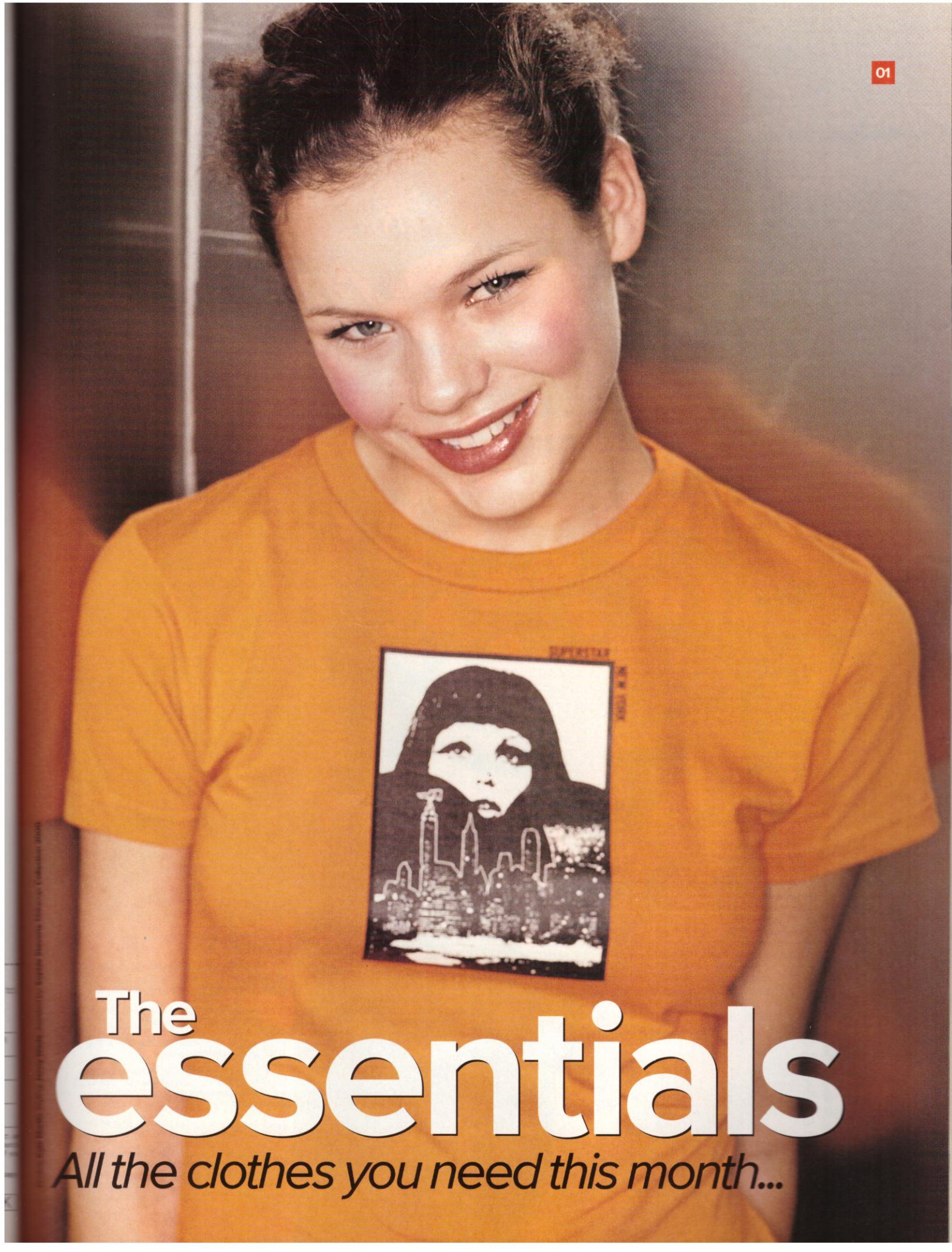
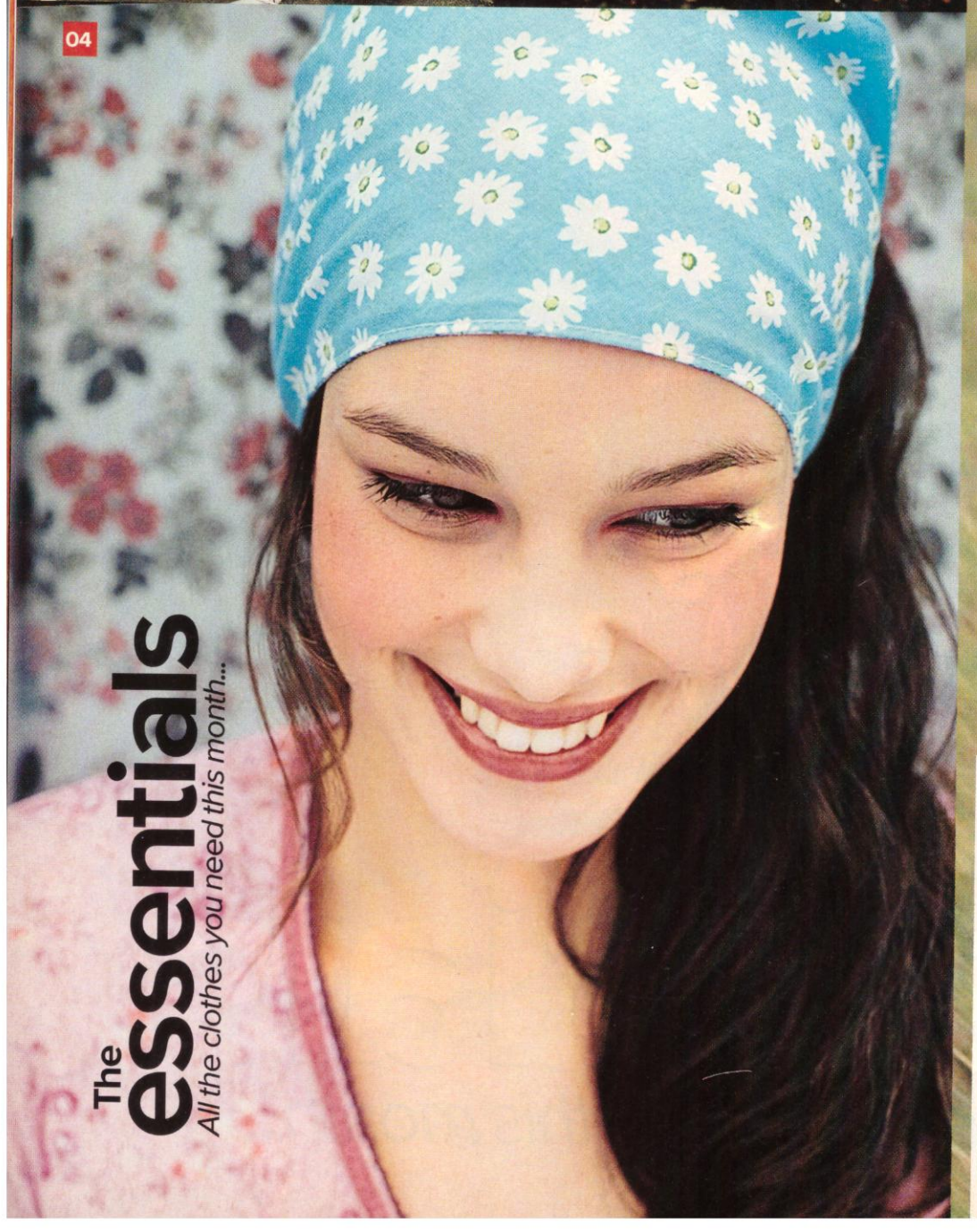


The essentials

All the clothes you need this month...



The essentials

All the clothes you need this month...

01 Orange T-shirt £8.99 from **H&M Hennes**.

02 Black floral dress £35 from **Miss Selfridge**. Black suede desert boots £45 from **Clarks**. Socks £5.99 from **Burlington**. Straw hat model's own.

03 Floral skirt £24.99 and navy espadrille sandals £14.99 both from **New Look**.

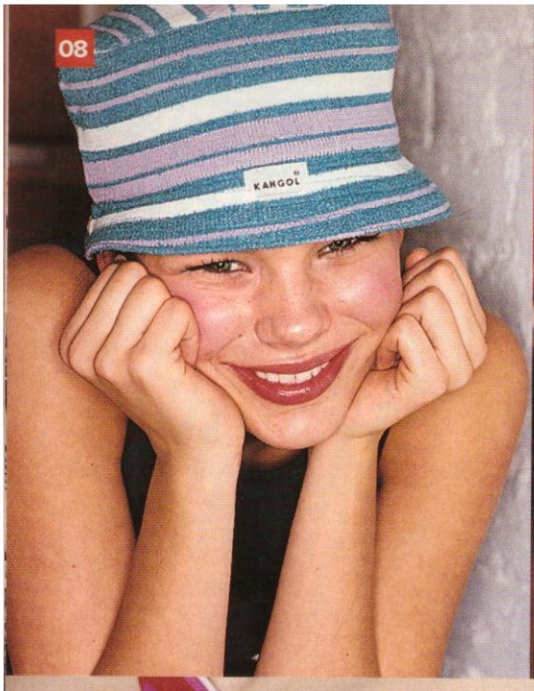
04 Top £20 from **Miss Selfridge**. Reversible head scarf £4 from **TopShop**.

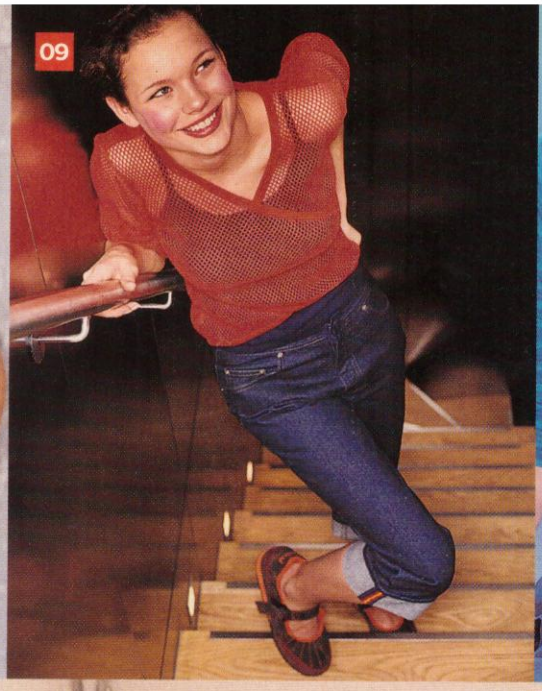
05 Grey sequin dress £44.99 from **Oasis**. Pink floral cardi £16 from **Tammy**. Hair clips £3.85 from **Emma Bernhardt**. Basket £21.99 from **Accessorize**. Wellies model's own.

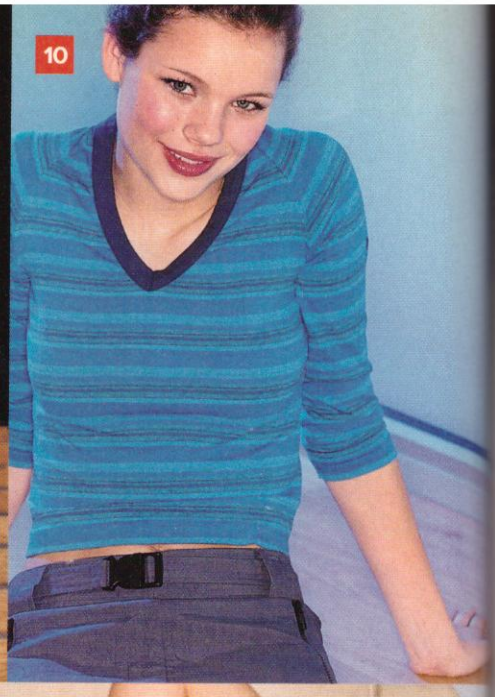
06 Blue gingham floral bag (with bow) £8 from **TopShop**.

07 Blue floral dress £50 from **Blue Nile**. Faded jeans £35 from **Miss Selfridge**. Suede desert boots £45 from **Clarks**. Necklace £2 from **Claire's Accessories**. Hair clips £3.85 from **Emma Bernhardt**. Floral mesh bag £17.99 from **Accessorise**.

Photos: **David Oldfield**. Styling: **Jenny Wade**. Assisted by: **Sophie Stevens**. Hair and make-up: **Lisa Moore**.







8 Navy hooded sleeveless top £24 from **Rise**. Striped hat £16.99 from **Kangol**.

9 Navy vest top £25 from **Polo Jeans**. Turn-up pedal pushers £27 from **Easy Jeans**. Orange string top £37 and shoes £49 both from **Red Or Dead**.

10 Blue striped V-neck top £30 from **Firetrap**. Grey combat skirt £27.99 from **Jeffrey Rogers**.

11 Navy hooded sleeveless top see 08. Pink skirt £20 from **Jean Varon**. Navy and silver tank top £19.90 from **Benetton**. Red and pink trainers £49 from **Red Or Dead**.

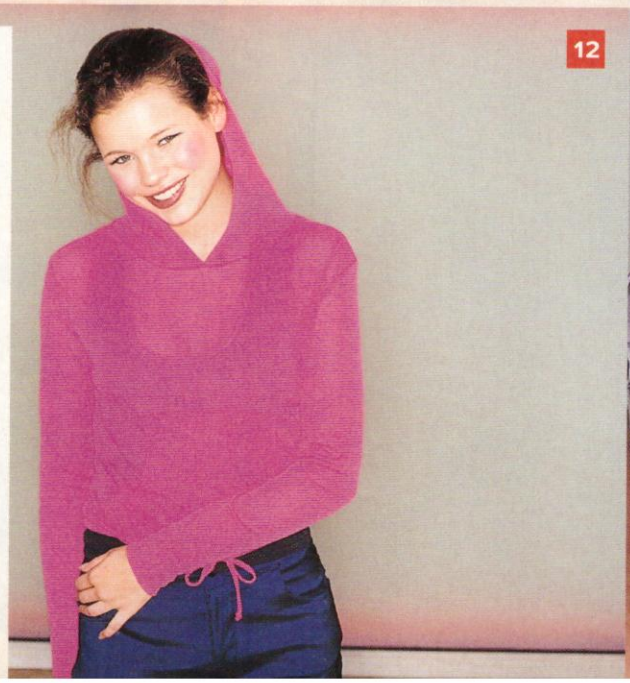
12 Vest top £30 from **French Connection**. Fuchsia pink mesh hooded top £39.99 from **Kookaï**. Navy trousers £55 from **Firetrap**.

13 Top see 16. Trousers see 09. Grey bag £6.99 from **H&M Hennes**.

14 Pink T-shirt £30 from **Miss Sixty**. Floral knickers £2.50 from **TopShop**.

15 Trainers £49 from **Red Or Dead**.

16 Red Airtex top £30 from **Firetrap**. Grey cropped cardi £25 and grey loose trousers £40 both from **Miss Selfridge**. Red and pink trainers £49 from **Red Or Dead**. Belt model's own.



14

The essentials

All the clothes you need this month...

Photos: **Kate Martin**. Styling: **Jenny Wade**. Assisted by: **Sophie Stevens**. Make-up: **Collection 2000**.

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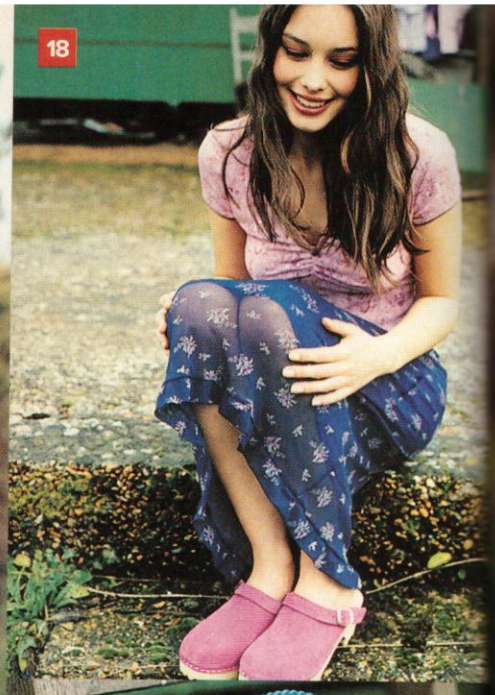
The essentials

All the clothes you need this month...



17 White gathered top £19.99 from **Jeffrey Rogers**. Lilac floral skirt £24.99 from **New Look**. Denim jacket £21.99 from **H&M Hennes**. Headscarf £2.99 from **Rokit**. Wellies model's own.

18 Pink V-neck floral top £20 from **Miss Selfridge**. Blue floral skirt approx £30 from **TopShop**. Pink clogs £17 from **Faith**.

19 Plastic weave-effect basket £10.45 from **Emma Bernhardt**. Blue floral beaded purse £3 from **Tammy**.

20 Floral top £15 from **TopShop**. Denim jeans £39 from **Falmer**. Floral necklace £5.99 from **Mood**.

Photos: David Oldfield. Styling: Jenny Wade. Assisted by: Sophie Stevens. Hair and make-up: Lisa Moore.

the style council

Haven't got a thing to wear? Bored with the way you look? It's time to enlist some expert help...

I'm trying to catch a boy's attention

and I've heard that eye contact works wonders. Trouble is, my eyes look dull and tired. What can I do to brighten them up?

Lisa, Inverness

Here are a few tricks of the trade to see you on your way to dazzling that lad!

Step 1

Apply pale eyeshadow across the whole of your eyelid. Try **Rimmel** Special Eyes Trio Eye Shadow in Orion, £3.49, which includes the three shades you'll need for this technique.

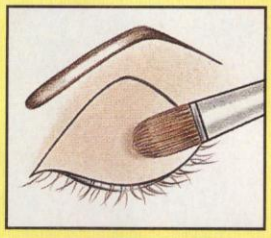
Step 2

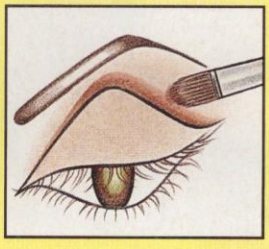
Using the slightly darker shadow, sweep definition into the crease of your eye socket, fading it towards the outer corner of your eye. Highlight your browbone with the lighter shade.

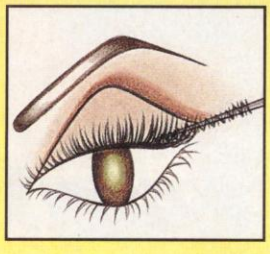
Step 3

Use eyelash curlers (from Superdrug, £1.19) before applying two coats of volumising black mascara. Then get fluttering, bright eyes!

Heidi







I'm lucky 'cause my **nails grow**

very fast and I love wearing them long, but I can never get the tips to look white. No matter how much I scrub them, my nails look dirty even though they're not! Celebs always have white nails, why can't I?

Susan, Derby

Don't worry, Susan, help is at hand. All you have to do is cheat! Just apply **Sally Hansen** White Nail Pencil, £2.25, to the underside of the tip of your nail. Finish off with a coat of clear varnish over your whole nail for instant celebrity style!

Heidi

My bedroom **needs a makeover**

My mum and dad have said they don't mind spending some money on having it decorated and replacing a few basics, but they want me to go for "pretty" while I'd prefer something quite cool. Any ideas?

Clare, Hertford

Don't panic, Clare, as long as you don't want to paint the walls black I'm sure you and your parents will be able to reach a compromise! Your best bet is to go for neutral walls; they're far easier to live with than fancy wallpaper, and a lot cheaper, too!

That way you can go for patterns in your curtains and duvet cover. The ones here, from **Sugar**'s very own collection in the Littlewoods' catalogue are a good example of flowers without flounce. Call 0800 600 400 for details.

Jenny

I love all **those printed T-shirts**

that are in the shops at the moment, but they all seem really expensive! Where can I get one that looks good but won't break the bank?

Rachel Watkins, Liverpool

How about this fab tank top from Tammy? It's only £10 and it's perfect for spring! Team it with jeans and trainers or a summery skirt and sandals when it gets a bit warmer. Whatever the weather, you'll be able to take that spring feeling with you wherever you go!

Sophie

TAMMY **FREE STUFF!** Got a query for the Sugar hair, clothes and make-up experts? Drop them a line and you could win one of 10 Tammy vouchers worth £30 each! Send your queries to: *the style council*, Sugar, 17 Berners Street, London W1P 3DD.

Jenny fashion editor | **Lucie** beauty editor | **Heidi** beauty assistant | **Karen** assistant fashion editor | **Sophie** fashion assistant

My best friend's quite wacky

and her birthday's coming up in a few weeks' time. She's really into all things fashionable and I want to get her a cool present but I'm not a millionaire and I'm at a bit of a loss! Style council, can you help?

Karen, Berwick-on-Tweed

What about one of these cool, furry heart T-shirts from **Gash**? At £21.99 (including p&p) they make great presents – especially if you can split the cost with some friends – and even come complete with their own little comb so you can keep your heart in order!

For mail order details, call 01142 739 793. I'm sure your friend will love it... and you for giving it to her!

Sophie

Help!

I've got really oily skin

and I don't know what to do. I've tried lots of different products but hardly any of them help. And the ones that do work, like face masks, take forever! Is there anything quick I can do to stop my skin getting so greasy?

Amy, Portsmouth

Make sure you follow a skincare routine every morning and night to remove any grime that's collected on your skin. Then, during the day these great **Quickies** Cleanser and Toner Pads for Problem Skin, £1.99, will help you clean up in double quick time. They're also small enough to pop into your bag so you can freshen up your face during the day.

Heidi

I've had a fringe all my life

and I've just decided to grow it out. What can I do with it in the meantime? Is there a good way of holding it back? I've tried using clips but I look stupid. Please help!

Sugar *fan, West Midlands*

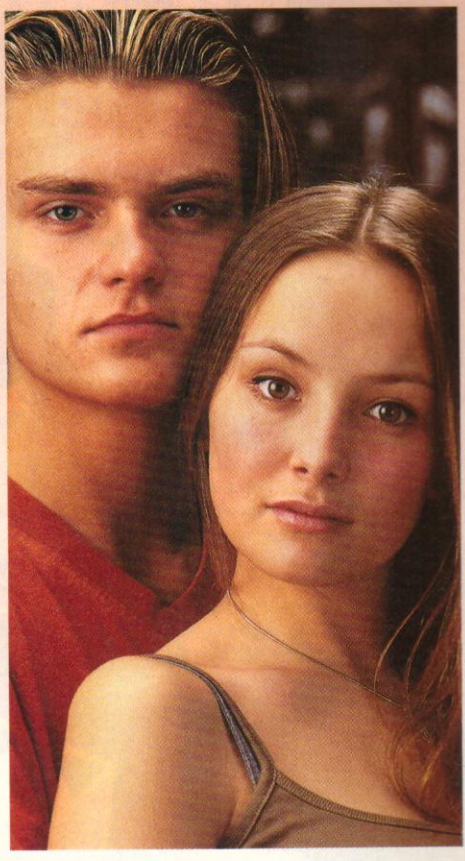
Growing out your fringe can be extremely frustrating; you just need to keep hold of the thought that eventually it'll look great! In the meantime why not try creating a feature of your fringe instead of trying to hide it? Experiment with some cute and quirky looks by separating your fringe into four sections, twisting them back and securing them with mini bulldog clips.

Alternatively you could try securing pin curls with clips or bands. The longer your fringe gets, the more you'll be able to do! These clips are from **Claire's Accessories**, £4.50 for 10.

Heidi

Photos: **Mark Bond**. Illustrations: **Emil Nair**. Still-life photos: **Studio 21, Foto Theme**.

Hard on acne Soft on you



Got spots? Get Acnecide.

It's tough on acne because it clears excess oil, and kills the bacteria that can cause spots.

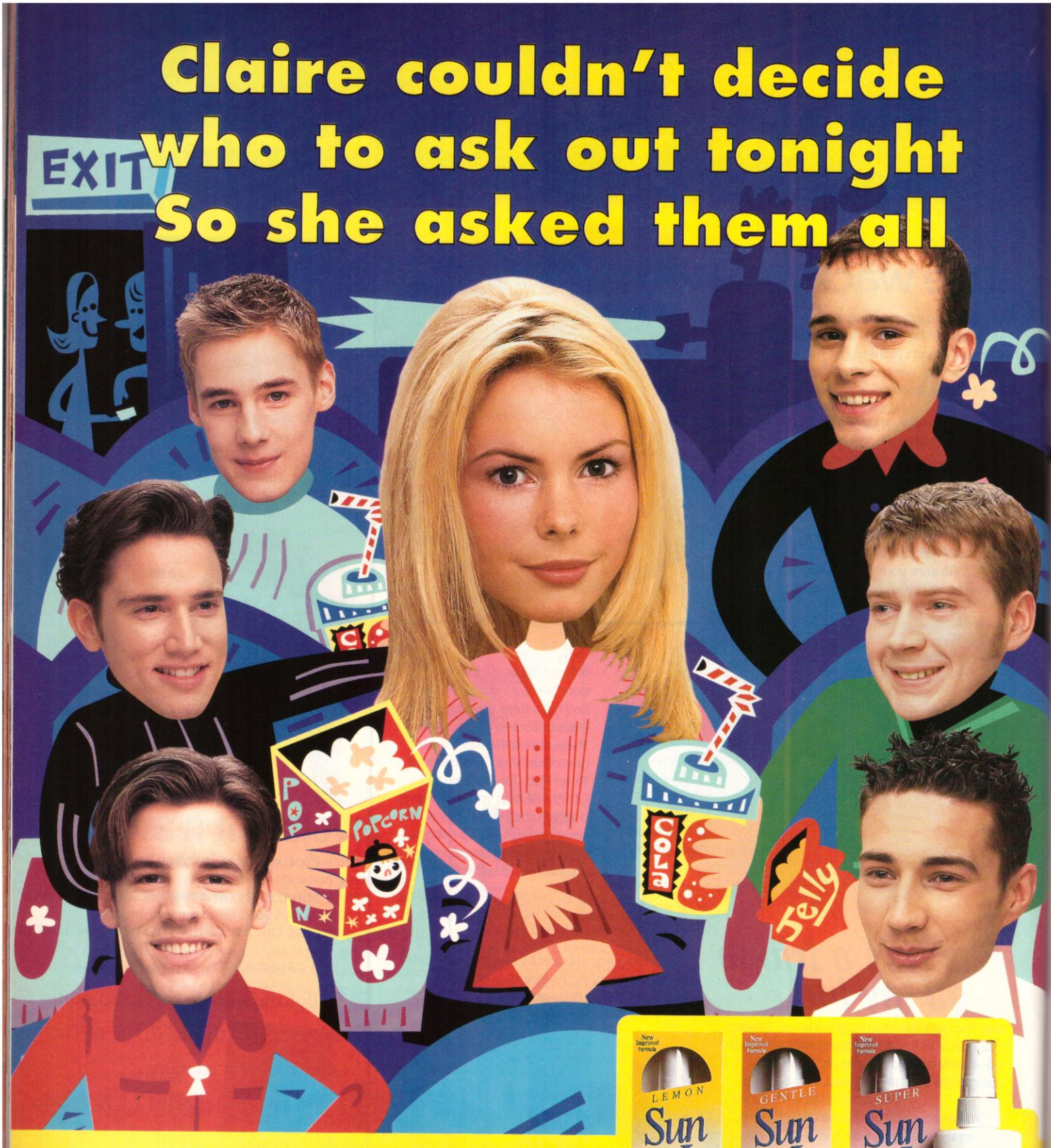
But the smooth gel is also gentle on your skin thanks to the special moisturizer it contains.

So ask your chemist for Acnecide, it'll certainly be tough on your acne – but not on you.

ACNECIDE®

Galderma (UK) Limited, 47 Woodside Road, Amersham, Bucks HP6 6AA. Always read the leaflet. Contains benzoyl peroxide.

Claire couldn't decide who to ask out tonight So she asked them all

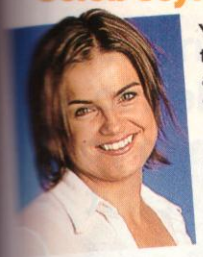


For seriously cool sunkissed hair in seconds, use Sun-In hair lightener. Just choose from Lemon, Gentle or Super, spray in and after a while in the sun or a quick blast from your hairdryer, you'll have gorgeous natural looking highlights. And it conditions your hair too. It's so easy to use and works on any hair from blonde to mid-brown. So let Sun-In take care of your hair, so you can take care of the *REALLY* important things.

Sun-In. Have it your own way

Totally hair

Celeb style of the month



You may have noticed that the latest hair trend among TV presenters is the 'quirky' look. Zoë Ball and Katie Hill are just two of the stars who have opted for it.

This multi-layered style is great for speedy 'dos that look fab in a flash. Just rub some wax through the ends of your hair and dress it up with some pretty clips for evening glam.

The essential Sugar Hair Kit for... a sporty girl

1 Exercise can make your hair look lank, so to keep it neat while working out, tie it back with these No More Snags hair elastics from **Blax**, £1.50 for 24.

2 Look gorgeous during games' lessons by taming any stray hairs with these ultra cool clips from **Claire's Accessories**, £4 for four.

3 Comb your hair after showering with this wooden pin brush from **Opal**, £4.60. Its wooden bobbles massage your head, helping you wind down after a strenuous session.

4 Cool down when you're hot and bothered with **Boots** Spa Range Calm Elixir, £3.99. It contains sea mineral extracts to smooth your hair and stop static.

5 Stay stylish while you're being sporty by using **Nicky Clarke** Sport Ultimate Vitamin Mousse, £3.25. It'll keep your style intact no matter how energetic you get.

6 Pop a handy sized hairdryer into your bag to blow-dry after showering. The **Remington** Compact Aero-Professional, £16.99 is fantastically lightweight so you won't mind carrying it around.

Tried and tested

Sugar reader Carolina tests hairbrushes...

Boots Hot Curling Brush, £3.95 "This brush looks really professional. Its great for speedy drying as its holes let the air through. It's especially good for flicking your hair out or under!" 9/10

Charles Worthington Curling Brush, £8 "This is the business. It's posh, dead easy to use and makes me feel like a hairdresser!" 10/10

THE WINNER

Claire's Accessories Good Grips Round Brush, £3.50 "This brush looks very funky. It has a rubber handle so it doesn't slip, but the bristles are too short." 7/10

Denman Curling Brush, from £2.75 "The style of this brush is simple and it's easy to hold. It also made my hair dead shiny." 8/10

Superdrug Joshua Galvin Bristle Radial Brush, £4.99 "This brush looks good, but it isn't that easy to use. The bristles don't seem to brush through my hair very well and it caused static." 7/10

HAIR HORROR

"I'd been invited to a really cool party so I decided to borrow my sister's crimpers. Trouble was, I got a bit carried away and, while singing along to my fave Boyzone track, I noticed a horrible burning smell. My fringe had frazzled!

The stink was awful and I looked like a scarecrow. It was far too late to do anything about it, so I just had to ring up and say I was too ill to go out!"

Sugar *fan, Cumbria*

■ *If you've got a hair horror story to tell, please send it (with photographic evidence) to Heidi at the usual Sugar address.*

HAIRSTYLE OF THE MONTH

Spray away!

Step 1 The latest way to jazz up your hair for a party is with a stencil. To get it to work properly, make sure you prepare your hair first.

Comb it thoroughly to untangle any knots, then use steam straighteners to get rid of any annoying kinks and leave your hair as sleek as possible.

Step 2 Draw your simple design onto thin cardboard and cut it out. You could try a butterfly, star, flower or heart.

Pin the card close to your head with kirby grips. Make sure it's secure so the colour doesn't seep underneath the stencil. Pin tissues around the card to protect the rest of your hair.

Step 3 Now for the fun part! Grab your coloured spray, like **Jerome Russell** Funky Colour Hairspray in Pink, £3.45, and spray away. Leave the stencil on until the colour has dried, then gently remove the card.

Spritz with hairspray to keep your style in place then get ready to dazzle!

Words: **Heidi Schumacher**. Still life photos: **Studio 21**. Photos: **Hulton Getty**. *Hairstyle of the month* photos: **John Booth**. Hair: **Gemma Forrester** for Forresters Salon (tel: 0189 872 860).

Stop the stress!

Stomach in knots? Nails nibbled to shreds? Then you need to sort out whatever's worrying you. So, read on and give your nails a break...

Quick quiz

Tick the sentences you agree with...

- ☐ I always think people are talking about me.
- ☐ I worry if there's nothing to worry about.
- ☐ I often have problems sleeping.
- ☐ I not only worry for myself, but for others too.
- ☐ I'm famous for how much I fret.
- ☐ I think stress is affecting my health.
- ☐ I'm often snappy with others 'cause I'm so on edge.

Now, add up your ticks and work out your stress level...

0-2 ticks

You're fairly chilled out, but you do have some niggling worries which could become problems if you don't sort them out.

3-5 ticks

You're not a full-blown fretter...yet. Your stress level is quite high, so you need to act now to stop your worries getting out of control.

6-7 ticks

Blimey! You're on the verge of disaster. You're so highly-strung, it's a wonder you get anything done. Act now or you'll explode!

Your worry: You've got a date and you're so wound-up, you almost wish it wasn't happening.

You feel: Desperate. All you can imagine is a night of long, awkward silences. And as for the end-of-date snog dilemma, you can't even think about it!

Sort your head: By realising that this could be the best night of your life and that, if you chicken out, you might always regret it and wonder "what if?".

Sort the situation! If you're feeling nervous, tell him. He'll feel flattered and it should help you to relax.

Your worry: Living up to your parents' expectations. In other words, being a complete angel, 24 hours a day.

You feel: Totally stressed out. It doesn't matter how hard you try, nothing you do is ever quite good enough.

Sort your head: By telling yourself that although your parents mean well, it's *your* life and you can only do your best.

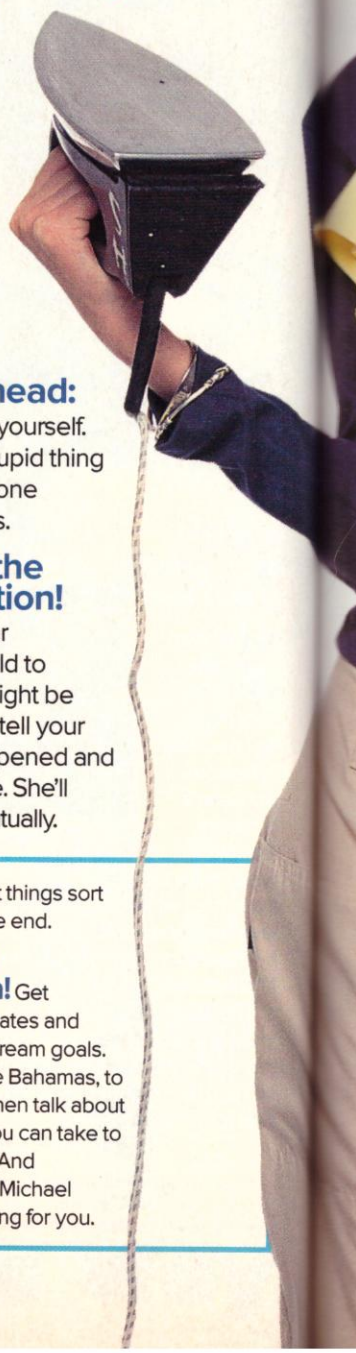
Sort the situation! If you give the impression everything's cool, your parents probably won't realise how worried you actually are. Tell them how you feel and they should stop coming down on you so heavily.

Your worry: You didn't mean to, but you let slip a secret about your mate.

You feel: Sick. You wish you'd never opened your big mouth 'cause you feel like the worst friend in the world.

Sort your head: Stop crucifying yourself. Sure, it was a stupid thing to do but everyone makes mistakes.

Sort the situation! You could swear whoever you told to secrecy but it might be more honest to tell your friend what happened and grovel for a while. She'll forgive you eventually.



Your worry: Your entire future is a worry. What job do you wanna do? Will you ever meet a boy who's not some kind of freak? What if you end up with no mates? The list is endless.

You feel: That there's too much to think about and too little time. You just don't know how you're going to cope with scary grown-up stuff.

Sort your head: By getting on with day-to-day things. There's no point getting angsty about stuff that's too far off to do anything about. Most things sort themselves out in the end.

Sort the situation! Get together with your mates and write down all your dream goals. From mansions in the Bahamas, to university degrees, then talk about the practical steps you can take to make them happen. And remember, there *is* a Michael Owen out there waiting for you.

Your worry: You borrowed your mate's top and wrecked it. It was an accident, but that's not going to make it any better, is it?

You feel: Like avoiding your friend at all costs and pretending it never happened.

Sort your head: By realising that it did happen and the sooner you let your mate know, the sooner she'll calm down and you can get on with being top mates again.

Sort the situation!

It's easy. Either give her that top of yours that she likes or, better still, offer to save up and buy her another one that's even nicer!

Your worry: That your boyfriend is gonna dump you. There's no real reason to think he will, but you can't help feeling anxious.

You feel: Completely paranoid. You're constantly wondering where he is or who he's talking to. And if any other girl goes within a one-hundred-mile radius of him, you freak out.

Sort your head: By getting it into your skull that he obviously thinks you're great, or he wouldn't be with you.

Sort the situation! Share a big, slushy snog! Now, are you convinced that he likes you?!

Your worry: You're convinced you've just failed an exam. You can't stop thinking about the answers you gave or trying to figure out how few marks you've scored.

You feel: Nauseous. You're a total failure and can't face getting the results.

Sort your head: By accepting that what's done is done and you can't change it. Obsessing over your answers isn't going to make a blind bit of difference to your final mark.

Sort the situation! Work out why the exam didn't go well, then make a list of ways that'll stop it happening again. For example, if you revised the wrong areas, talk to a teacher and find out exactly what you should be revising for future tests.

4 ways to wipe out your worries...

1 Open up

A problem shared is a problem halved and all that. Telling a mate what's on your mind can help to make you feel better. She might even have a solution that hadn't occurred to you.

2 Have some fun

Spend some time doing something you love, like partying or watching the *Brookie* omnibus. Enjoy yourself and take a complete break from your worries. You'll feel much better afterwards.

3 Prioritise

Make a list of everything that's on your mind. Put each item in order of importance then work through each worry at your own pace.

4 If you can't control it, forget it!

Split the things that are stressing you into two groups – those you can do something about and those that are out of your control. Then, forget the second group and get on with sorting out the first.

Stress free: Jo Upcraft. Photo: Tim Roney

Are you posh or just a pleb?

Should you be binning your combats for a nice tweed skirt? Hanging out with princes and dukes? Find out now...

1 On a night out, what kind of jewellery do you wear?

A A beaded choker and matching bracelet from TopShop.

B A gold necklace and a flashy ring or two.

C The ring you always wear. You can't be bothered with anything fancy.

2 And what kind of make-up do you go for?

A Foundation, powder, eyeshadow... the full works, really.

B You don't. It's fine for other girls but you prefer the natural look.

C Just a bit of lippy and blusher.

3 You've managed to get a table at the swankiest restaurant in town. Your serviette's...

A Tucked neatly in your collar. And it's a napkin.

B Screwed up on your lap.

C Screwed up in your pocket. You used it as a handkerchief earlier.

4 As a rule, your footwear is...

A As well worn and comfy as an, err, old shoe.

B Polished to perfection. In fact your shoes could easily double as mirrors.

C Never the same from one day to the next. You own so many pairs, sweetie!

5 What do you call the toilet?

A The lavatory.

B The toilet or loo.

C The bog or john.

6 Which of the following names are closest to your grandparents'?

A Something plain like Nora and Frank.

B Lord and Lady Hugh-Hartley of Waltley-by-the Water.

C They're just Nan and Grandad. What else would you call 'em?

7 Getting in from school, you're gasping for a cuppa. What do you do?

A Grab the kettle, a teabag and the nearest mug.

B Make a pot of Earl Grey and use a cup and saucer. It tastes better that way.

C Nag your little brother into making it. And getting some biccies while he's at it.

8 If you could only eat one meal for the rest of your life, what would it be?

A Top quality caviar. Well, you've got to do these things in style, haven't you?

B A double bacon and cheese gut-buster burger. With large fries and ice-cream to follow.

C Mum's Sunday roast.

9 What do you carry your schoolbooks around in?

A The leather satchel that Daddy bought you for Christmas.

B Your trusty old rucksack. It's like part of you.

C Anything you can lay your mitts on. A Tesco carrier bag normally does.

10 What would your ideal boy wear?

A Whatever's most appropriate for the occasion.

B You don't mind as long as he looks well-groomed.

C He could be wearing a bin-liner for all you care. It's him you'd be interested in.

Now work out your score

1	A 2	B 1	C 3
2	A 1	B 3	C 2
3	A 3	B 2	C 1
4	A 1	B 2	C 3
5	A 3	B 2	C 1
6	A 1	B 3	C 2
7	A 2	B 3	C 1
8	A 3	B 1	C 2
9	A 3	B 2	C 1
10	A 3	B 2	C 1

Next, add one point to your score for every statement you agree with...

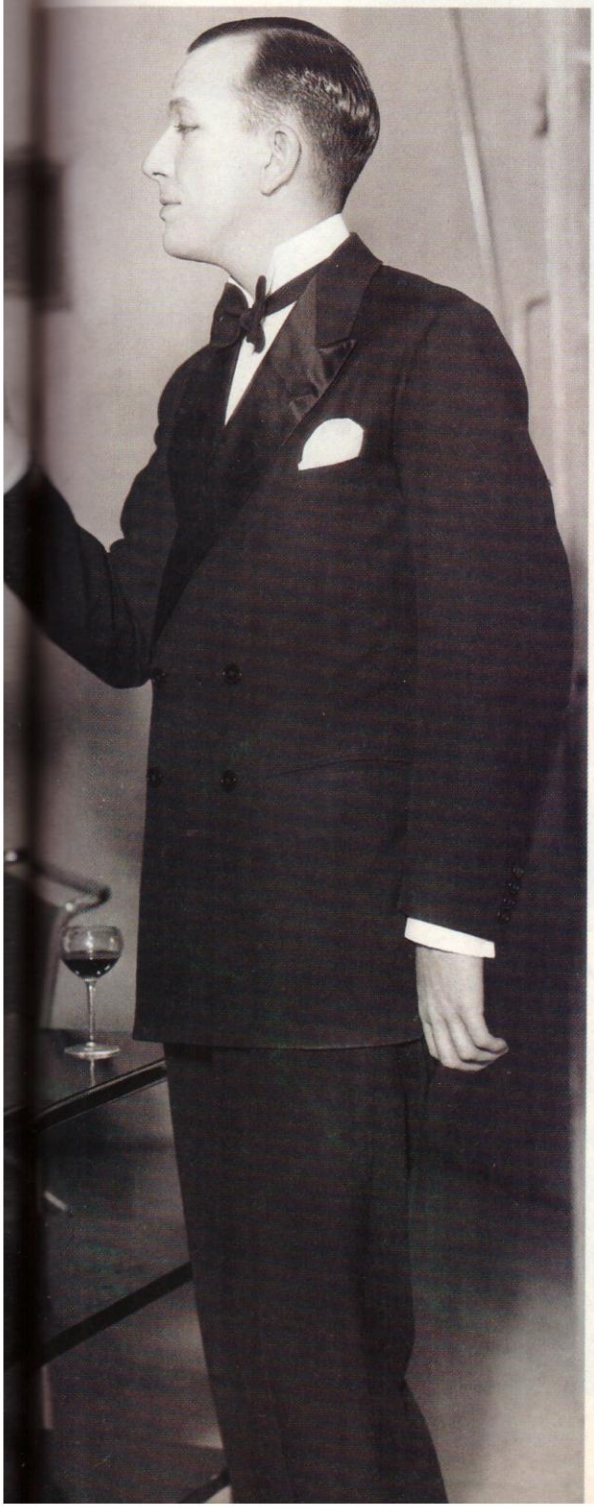
- ★ My toes are completely smooth and hair-free.
- ★ I always refer to myself as "one", as in, "One will be retiring to the living room, now."
- ★ I like to say "Yar" instead of "Yes".
- ★ I often find myself saying "What-ho!" and guffawing loudly.
- ★ In winter, my dog (a Corgi) wears a warm tartan jacket to keep him nice and snug.
- ★ I always leave a little food at the side of my plate at the end of a meal. It's polite, you know.

And finally...

Measure the distance from your knee to your ankle and the distance from your knee to your hip.

- ★ If the two readings are the same, add five points to your score.
- ★ If they're different, take five points away.

Now simply add up your grand total and check out the results below...



Snobby scribbler: **Jo Upcraft.** Photo: **Hulton Getty.**

Less than 16 points
You're grand in your own right

You: You don't care what background people come from, 'cause you believe that everybody's basically the same underneath. Even the Queen lets one rip from time to time, doesn't she?

Love: Because you'd never judge a lad by his family, financial status or the way he talks, boys always want to know you and are attracted by your easy-going ways. You're never short of male admirers.

Friends: You have a huge gang of mates who admire the way you get on with anyone and everyone.

Staying in: Life's too short to stay in, unless it's with the *EastEnders* omnibus, some Pringles and your mates, of course!

Going out: You love having a laugh with your friends and you're known for turning a good night into a great one.

17-27 points
You have posh potential

You: You can mix with the upper classes when you have to, but mostly you wanna live like common people.

Love: You like the idea of being in a relationship with a polite lad with lots of connections. But there's a part of you that just can't help being attracted to Jack-the-Lad types.

Friends: You have two very different sets of friends. One lot love nothing better than talking about the latest place to be seen and the right people to be seen with, while the other group show you how much fun you can have simply hanging out at Maccy D's.

Staying in: You enjoy your own company and most of your spare time is spent watching films or reading books.

Going out: You're careful to balance your time between your sets of friends. That way you make sure you get the best of both worlds.

More than 28 points
You're a typical toff

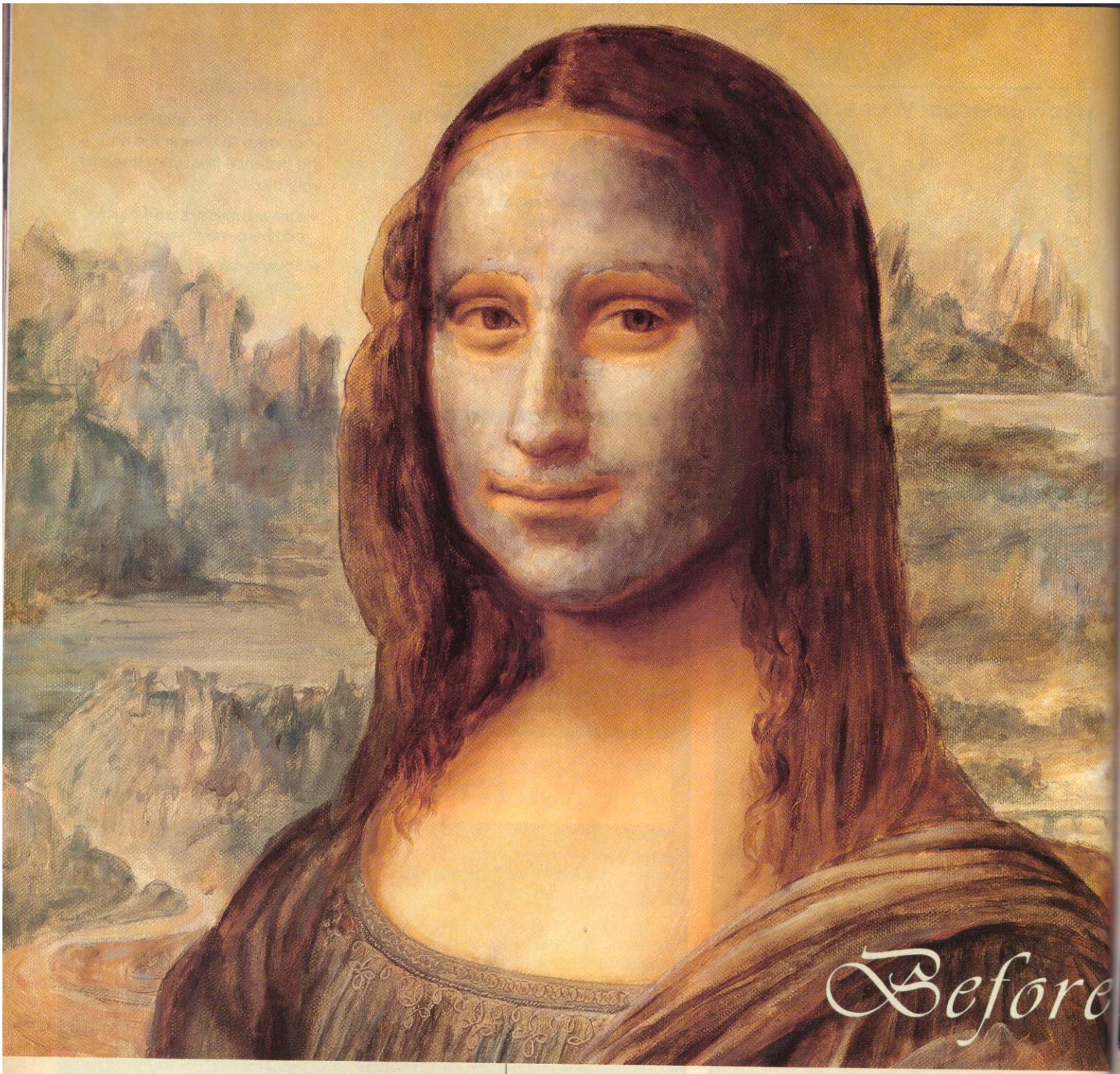
You: You're considerably posher than most. You love the finer things in life and often feel disconnected from people around you.

Love: You think smart and successful's where it's at, so you go for older boys who treat you like a lady and understand there's more to the art of conversation than talking about last night's footie match.

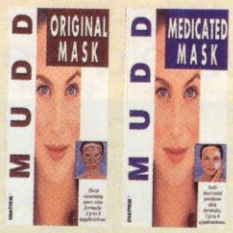
Friends: When it comes to mates, it's often hard for you to find someone you can relate to. You prefer to have a few select friends that you can count on not to show you up in public.

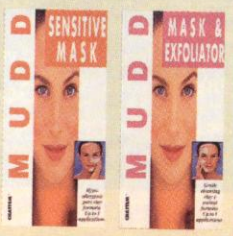
Staying in: You never watch television; you're far too busy having five-course meals with your parents and their friends, reading classic novels or chatting to your pals on your mobile.

Going out: You're a busy girl. Horse-riding and attending society balls is a full-time job, isn't it?



No wonder she's smiling. She knows the secret to perfect skin: MUDD. Unlike some face masks which can strip away your skin's natural oils, MUDD's 100% pure clay formulas not only cleanse deep-down, but they're gentle too. Uniquely, MUDD offers a variety of masks custom-made for your skin's individual needs. Now everyone can achieve a radiant, healthy complexion courtesy of MUDD.
Take advantage of our trial offer and discover what beautiful women have known for centuries.





The Art of MUDD

MUDD, the UK's biggest selling mud mask, is available from Boots and other leading outlets.

Mudd Original Mask
A natural clay formula that lifts away dead skin cells and draws out pore-clogging oils to leave your skin visibly smoother and softer.

Mudd Medicated Mask
A deep-penetrating, pH-balanced formula that gently removes bacteria. Ideal for skin prone to break-outs and oiliness.

Mudd Sensitive Mask
Hypo-allergenic and fragrance-free, a dermatologically tested formula that gently revitalises and soothes delicate skin.

Mudd Mask and Exfoliator
Made from walnut shell, loofah and pure clay, this creamy formula absorbs deeply embedded impurities, then gently exfoliates. Ideal for dry skin.

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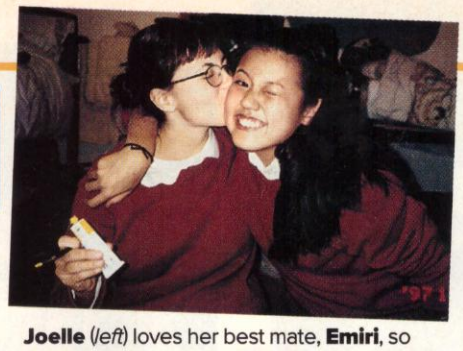
The friendship factor

Is your mate here? If not, why not? Scribble us a line and make her day...

Boy mate of the month ★★★★★

Lads aren't just for snoggin' you know! Here's **Sally** from Canterbury's best mate Andrew and this is what she's got to say about him...

"He's a great laugh and he's always there to listen to my problems. I couldn't wish for a better best mate."



Joelle (*left*) loves her best mate, **Emiri**, so much that she cleans out the wax in her ear with her tongue!

Ever since **Steph** (*left*) moved to Yorkshire and met **Becky**, they've been joined by a strange blue rubbery sausage.

Laura from Merseyside's mate Janine Clarke reckons pants-on-yer-head fashion'll be all the rage this summer.

These **Two Mad Will Smith Fans** from Chesham couldn't believe it when they realised they shared the same taste in clothes!

5 things you should never admit to your best mate

1. That her boyfriend asked you out first.
2. That you secretly fancy her brother.
3. That her taste in clothes sucks.
4. That you forgot her birthday.
5. That she really can't dance, no matter how hard she tries.

My mate, she's great!

Solveig has hours of fun being squashed by her best friend, Helene

My mate **Helene** is the best because:

★ Five months ago we both came to London from Denmark, and she's been my soulmate ever since.

★ She's not only my best mate, but now that I'm away from home, she's my sister and my mother too.

★ We spend all our time together and never get bored.

★ She cheers me up when I get scared because everyone around us speaks a different language.

★ I know that she'll always be there for me, and that's the best feeling in the world.

Solveig Anderson, 16

(*From left to right*) **Anna**, **Jennie**, **Annika**, **Sonia**, **Katie** and (*front*) **Anu** are all from Finland and have been mates for seven years. Anu says her mates make a great sofa!

★ Celeb mates

Actress ***Samantha Janus*** *on All Saints* ***Natalie Appleton***...

"I've only ever had one strong female friend and it's her. We're always in touch – she phones me from all over the place whether she's in Dubai or Paris. She's my best friend."

Jenny (*left*) and **Jo** from West Sussex reckon regular hugs are all you need to keep a good friendship going strong. Aaah!

To celebrate your friendship in **Sugar**, send us pics with names, addresses and ages to The Friendship Factor at the usual **Sugar** address.

Your stories

Bullying drove me to the brink of suicide

Bullies made Kirsty Mallett, 13, so miserable that for a mad moment she could only see one way out...

With her mum's help, Kirsty has put the pain behind her.

Hot tears burned my eyes as I rushed home after another horrible day at school. The moment I got in, I hurried upstairs before my mum and sister Debbie could see how upset I was.

Sitting on my bed, my mind went over and over what had happened at school. I'd really hoped things would be different now, after the long summer holiday, but they weren't. The same group of girls who'd been picking on me before, were just carrying on where they'd left off.

A way out

What had I done to upset them? I just couldn't figure it out, especially as we'd been friends once. One of them had turned on me and the rest of the group had soon joined in.

If I'd dreaded going to school before the holidays, it was twice as bad now, with the whole year ahead of me. Every day I had to deal with them giving me dirty looks or gossiping just close enough so that I could hear their cruel words. Mum had complained to the school authorities about them, but it hadn't helped. I felt so unhappy at the thought of it all. I couldn't see how I'd be able to face one more day of their taunts. There had to be a way to escape the pain and loneliness.

> "I grabbed the cord and tied it around my neck"

Drastic action

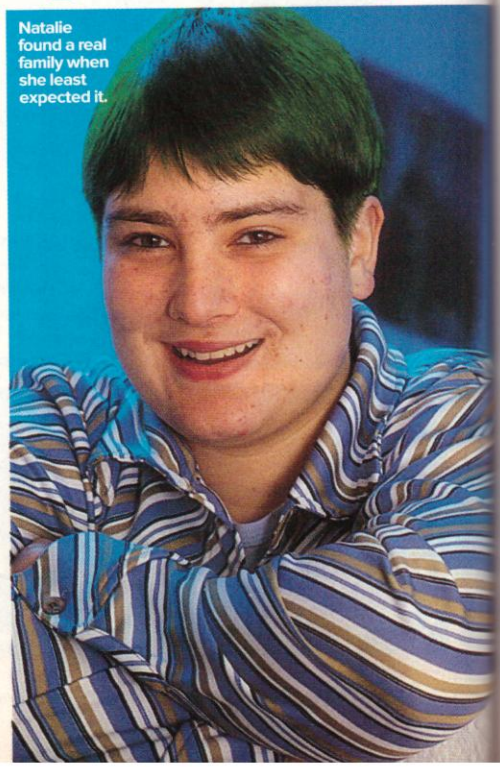
Something made me glance at my dressing gown hanging on the back of my door. A crazy idea flashed through my mind and, without stopping to think, I grabbed the dressing gown cord then tied one end around the coat hook and the other around my neck.

I let my legs go loose and felt the cord tighten. Instead of panicking, the only thing that flashed through my mind was that those girls wouldn't be able to hurt me anymore.

Suddenly, the door swung open and Debbie stumbled in on me.

I couldn't stop shoplifting

Natalie, 18, didn't think she could stop shoplifting, until she found the home she'd wanted all her life...


Natalie found a real family when she least expected it.

My mother and I never knew each other. After I was born, she decided she couldn't cope with having a family and left. My dad was unemployed and the Welfare department didn't think he could look after me, so I went to live with my granny. After that I lost contact with him. He had so many problems, he didn't have time for me.

I didn't like living with my gran. She worked long hours and left me with her friends all the time. In the end, the Welfare department decided I'd be better off with a foster family and moved me again.

A new start?

At first everything was fine but as I got older I felt crowded and started arguing with my seven foster brothers and sisters. I'd wander around department stores all day long, just to get out of the house, and before I knew it, I'd started stealing things: lipsticks, clothes, whatever I could grab. The more impressed my friends were, the more I did it. I was desperate for the attention.

It wasn't long before I got caught by the police but even that didn't stop me. Naturally, I got caught again. My foster dad was so angry he slapped me across the face.

Another home

The next day he went to the Welfare department and told them I was ruining his family and that he believed I was mentally disturbed. The next thing I knew I was taken to a psychiatric clinic. I was so frightened. I even wondered if I really was crazy.

As it turned out, the people there were really nice. They treated me like a real person. After three months, the doctors decided I was ready to leave and sent me to a children's home.

Nice surprise

Once again, I was terrified. I'd heard so many horror stories about homes and I expected it to be like something out of Oliver Twist with 10

As told to: Solent News, Dominik Krautschun. Photos: Bernd Brundert, Solent News.

She took one look and screamed. Seconds later, Mum rushed into the room, I'll never forget the look of horror on her face. She loosened the cord, threw it across the room, then hugged me to her.

A fresh start

As I sat on the bed pouring out my feelings, I felt the weight lift off my shoulders and realised how stupid I'd been not to tell anyone how depressed I was. All it had done was made me feel alone and desperate – desperate enough to try to kill myself.

Mum and I talked about ways we could make things better and after she'd contacted my school, we came to a decision, I wasn't going back.

Now I'm happily settled at a new school and I've made lots of new friends. It's like I've been given a whole new lease of life. Looking back, I know that the bullying made me feel like life wasn't worth living but I've realised now that it is.

If anyone reading this is being bullied, all I can say is that you must tell someone what's going on. Never suffer in silence or let the bullies grind you down. You're worth more than that.

■ *Are you in a similar situation? Then call Childline on 0800 111 111*

"He told them he thought I was mentally disturbed"

children sharing one room. Thankfully, I was wrong. I had my own room, pocket money and my day was like anyone else's: school, homework, then free time to do whatever I wanted.

The best thing was the people. They knew about my stealing, but they were so caring they encouraged me to talk about my problems. They were there for me constantly, day or night. After a short time, I didn't feel the need to steal anymore, no matter how bad I felt. It was such a relief.

Moving on

The four years I spent there were the happiest of my life. The people I met became the best family I'd ever had and have stood by me ever since. I've had a tough time but I've learnt that if you believe in yourself, you really can do anything you want.

Sugar real life stories

If you love reading the true stories in Sugar, watch Sugar Real Life Stories on Trouble (Thursdays 6.30pm, Saturdays 3.45pm and Sundays 8.15am & 3.45pm). It's packed with the sort of juicy real life stories you find every month in your fave magazine. And it's completely unmissable! Trouble is exclusive to cable, satellite and SkyDigital

"I knew someone had to look after Mum and I was all she had."

My parents the alcoholics

When she was 16, Beate realised that her parents were both alcoholics and that they needed her help...

My parents always liked a drink but I didn't think it was anything unusual. It wasn't until I was about 14 or 15 that I started spotting empty bottles hidden under the sofa, in the kitchen cupboard and even behind books on the shelves and realised something was very wrong.

From bad to worse

Mum and Dad chewed gum all the time, to disguise the smell of alcohol on their breath, but it didn't really work. I could still tell. They drank bottle after bottle, day after day and it didn't seem to worry them.

"Dad started shouting, then he wrecked my room"

By the time I was 16, they were drinking almost all day long. When it was just Mum at home, it wasn't so bad, but when Dad got back from work and drank his first bottle, he was terrifying. He'd start beating Mum and when I tried to stop him, I'd get hit as well.

Violent behaviour

One night I was up in my room listening to some CDs with a friend, when Dad stormed in, started shouting at me then wrecked the whole room. My poor friend was scared to death.

As Dad's outbursts became more frequent my friends stopped coming round to our house and I couldn't blame them.

Gradually I started missing school because Mum and Dad were both so drunk that I'd have to spend my entire day looking after them. I'd clean the flat, take out the empty bottles, do the shopping and take care of Mum, who was constantly ill.

Beate and her mum are learning to live a normal life again.

Breaking point

One afternoon I came home to find her unconscious on the bathroom floor. When the ambulance arrived, the paramedics said she had severe alcohol poisoning. That was the day I left school for good. I knew someone had to look after Mum full-time and, since Dad was always either working or drunk, I was the only chance they had.

I spent the next six months nursing Mum. Eventually, she decided to go for treatment to get off the alcohol. She managed to give up drinking completely, but she'd already developed cirrhosis of the liver, a condition often brought on by excessive drinking. The doctors say it's a wonder she's still alive.

Dad's given up alcohol too, but we don't get on as well as we did before he started drinking.

Starting again

I've coped with my parents' alcoholism for three years, but now it's time to get on with my own life. It hasn't been easy but I've gone back to school and made new friends and I'm slowly starting to live my life for myself again.

There's only one thing I still can't bear, the smell of alcohol on someone's breath. It brings everything flooding back to my mind. But when that happens, I just have to remind myself that the bad days are over now.

If you've got an experience you'd like to share, send a brief outline with your phone number (we may ask for pictures) to *Your stories* at the usual Sugar address. If it's published you will receive a payment.

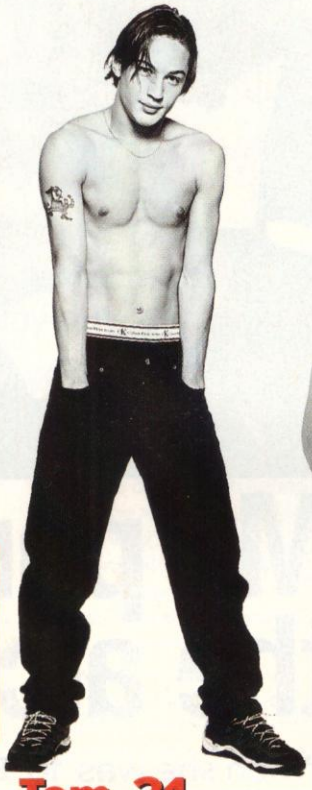
Meet the boys!

Check out the latest **Sugar** selection...

Ben, 17

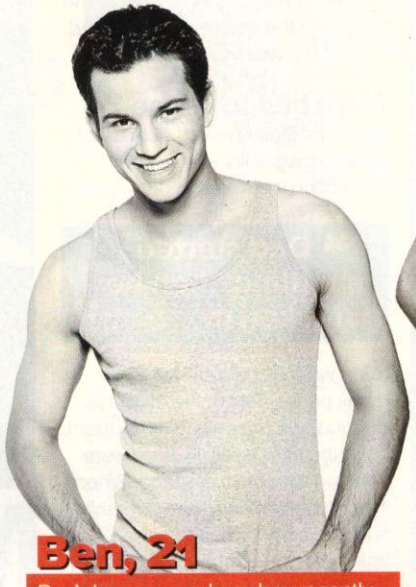
Ben's graced the catwalks of swanky designers like Gucci and Nicole Fahri, but he still has his feet on the ground.

"My ideal evening? A glass of wine with a nice girl for company. Perfect!" Just name the day, Ben.



Tom, 21

Tom is an actor as well as a model and his ambition is to get the lead in a Molière play. Then all he needs is a girl to play the lead role in his life!



Ben, 21

Ben's been a very busy boy recently. Not only does he have his modelling career, he's also been singing and playing lead guitar in a band! So does he still have time for a girlfriend?

"Oh yes! As long as she looks like Natalie Imbruglia!" Hmmm...

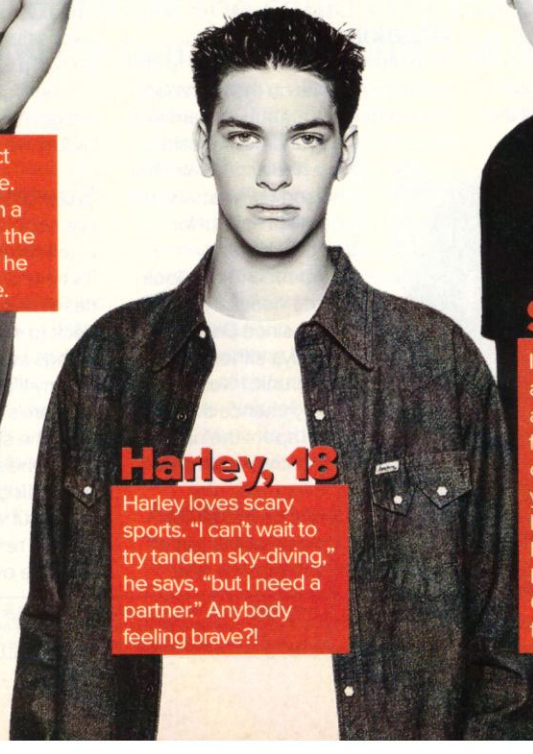
Dan, 21

Sugar fave Dan is about to turn his dream of being a pop star into a reality.

"I'm in a band called Trick or Treat and our first single is due out in the spring." We can't wait!

Daniel, 20

Daniel's recipe for a perfect Saturday night out is simple. "Dinner by candlelight with a beautiful girl, then dancing the night away!" So that's how he keeps in such good shape.

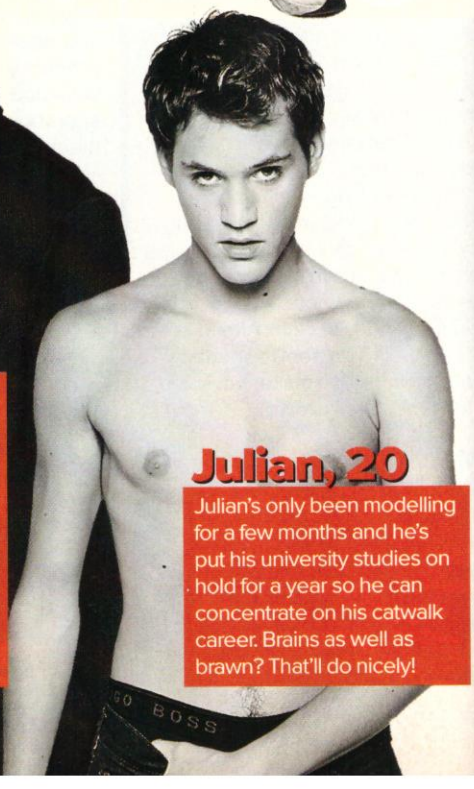


Harley, 18

Harley loves scary sports. "I can't wait to try tandem sky-diving," he says, "but I need a partner." Anybody feeling brave?!

Sal, 17

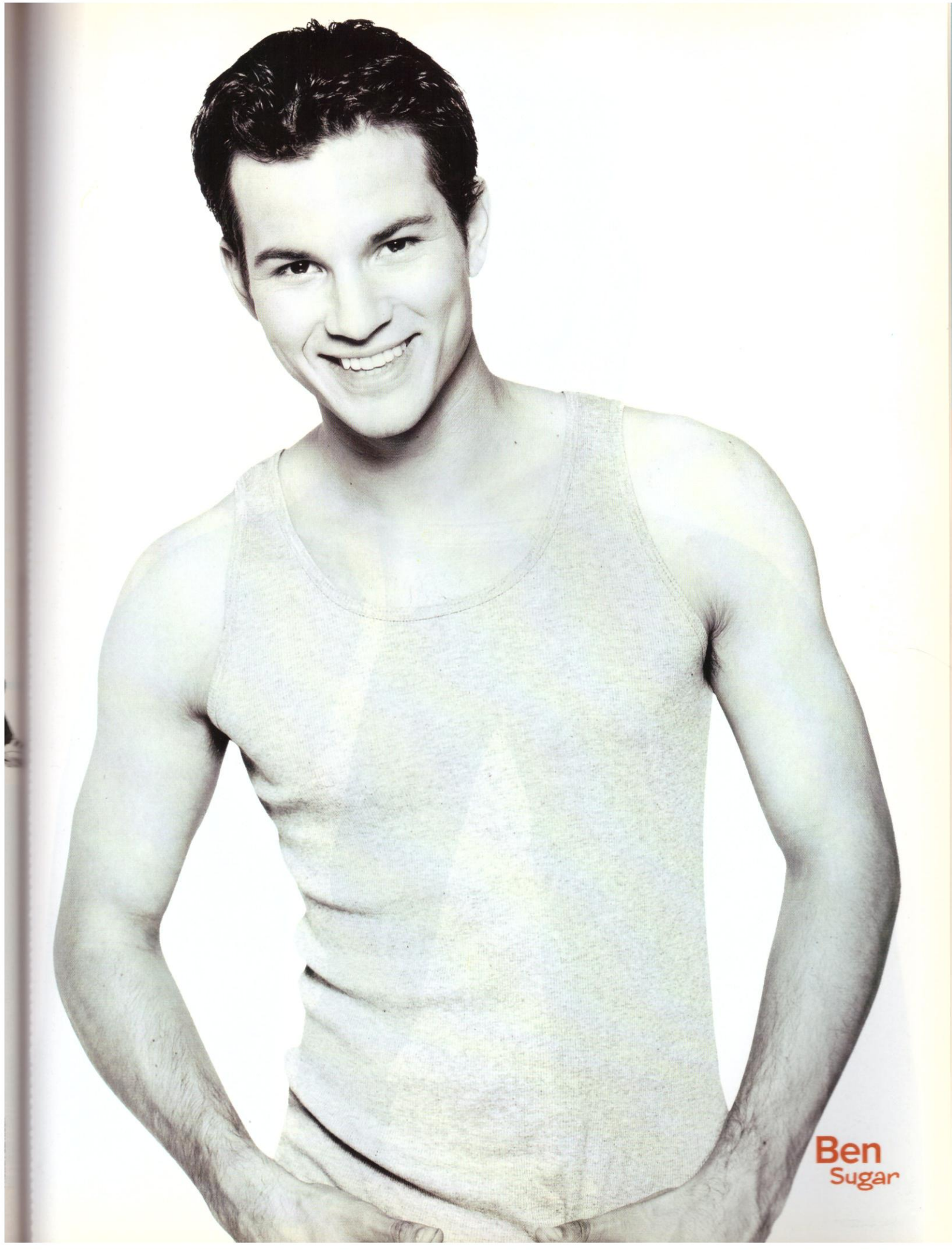
It may sound like a girl's name but as you can see from our picture, our Sal's all man! If you want to win his heart, you'll have to have big, beautiful eyes. Oh, and a liking for pizza, too!

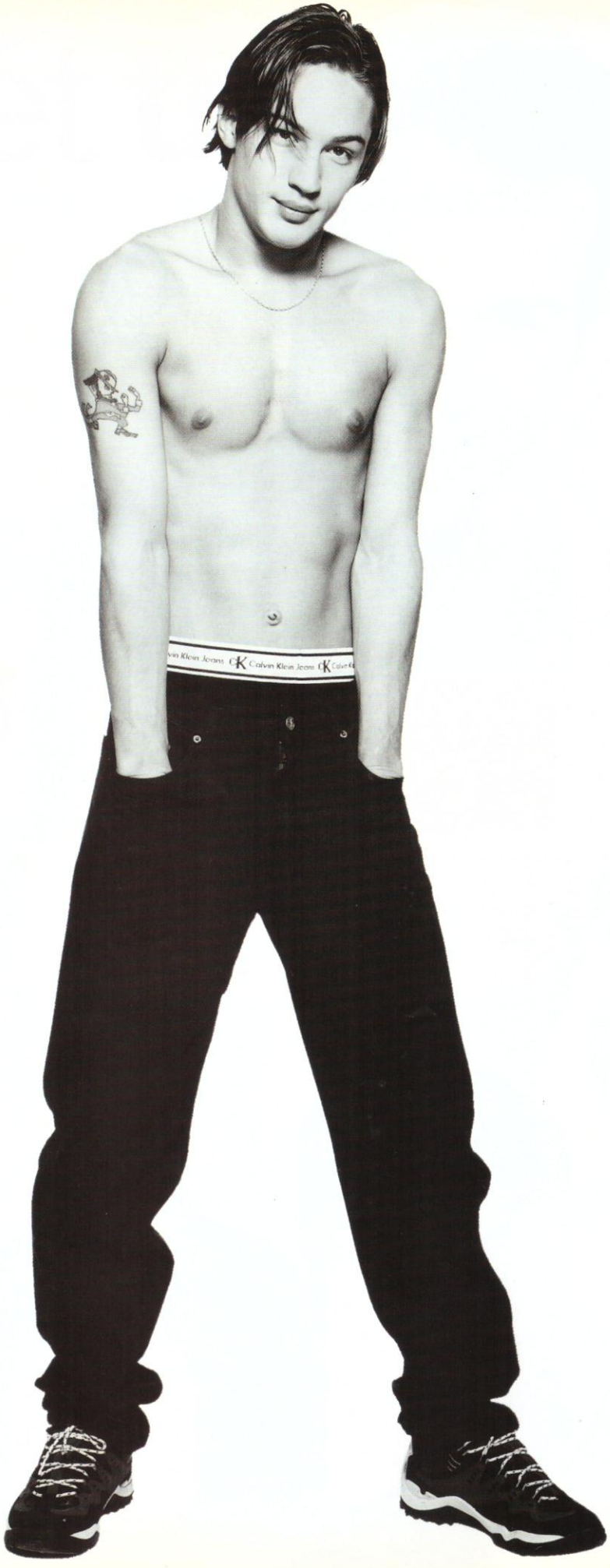


Julian, 20

Julian's only been modelling for a few months and he's put his university studies on hold for a year so he can concentrate on his catwalk career. Brains as well as brawn? That'll do nicely!

Photos: **Paul Rider.**


Ben
Sugar



Tom
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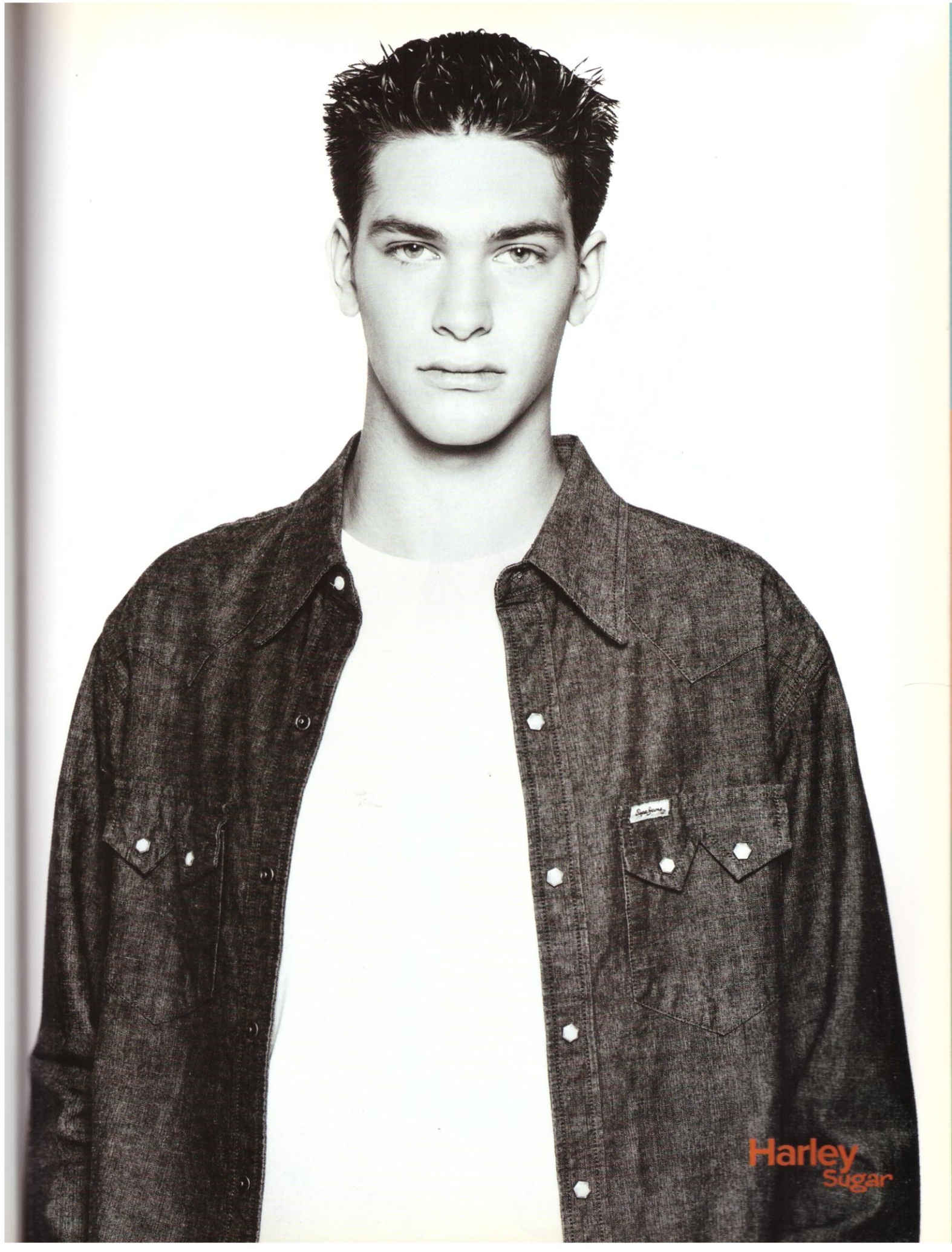
Harley
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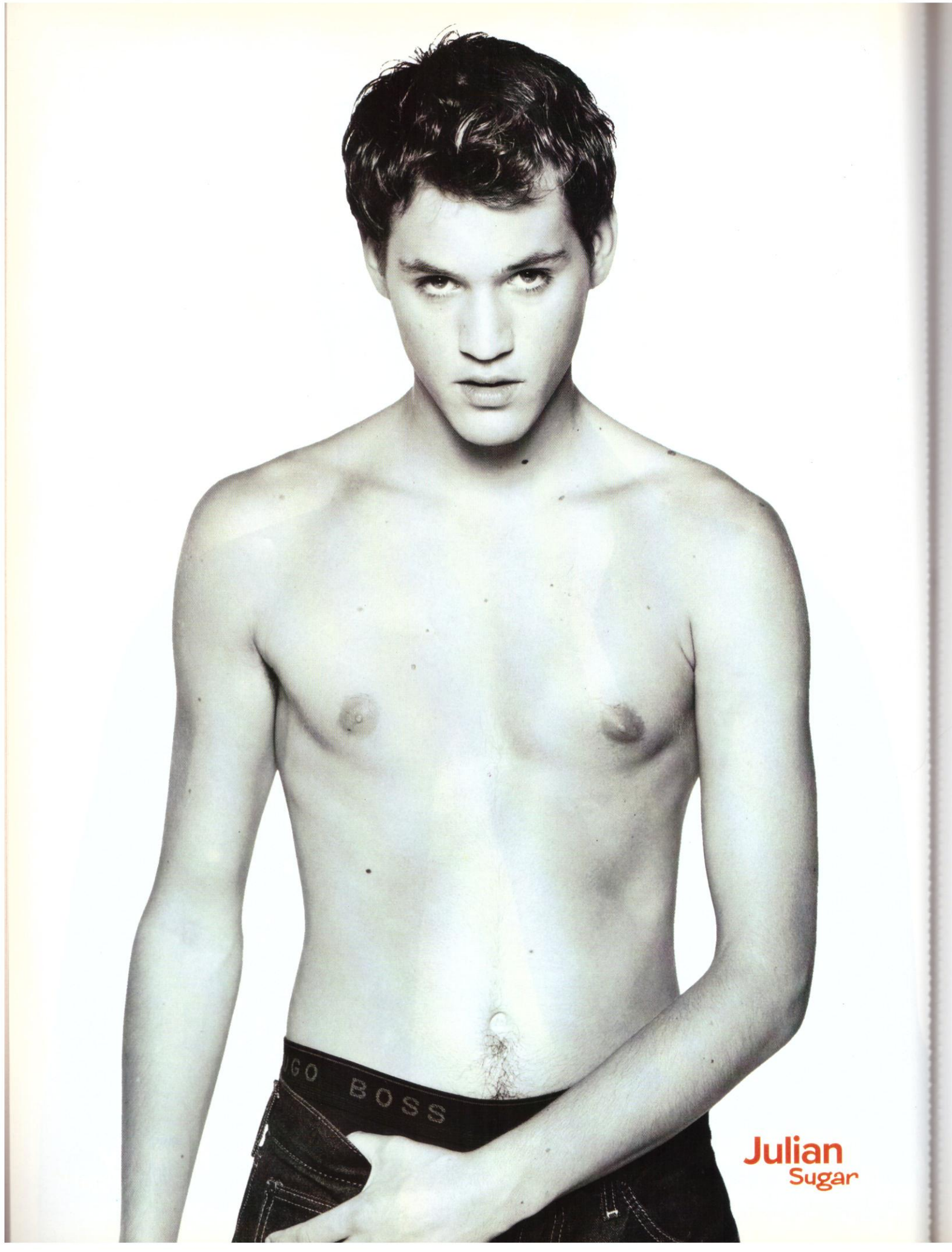
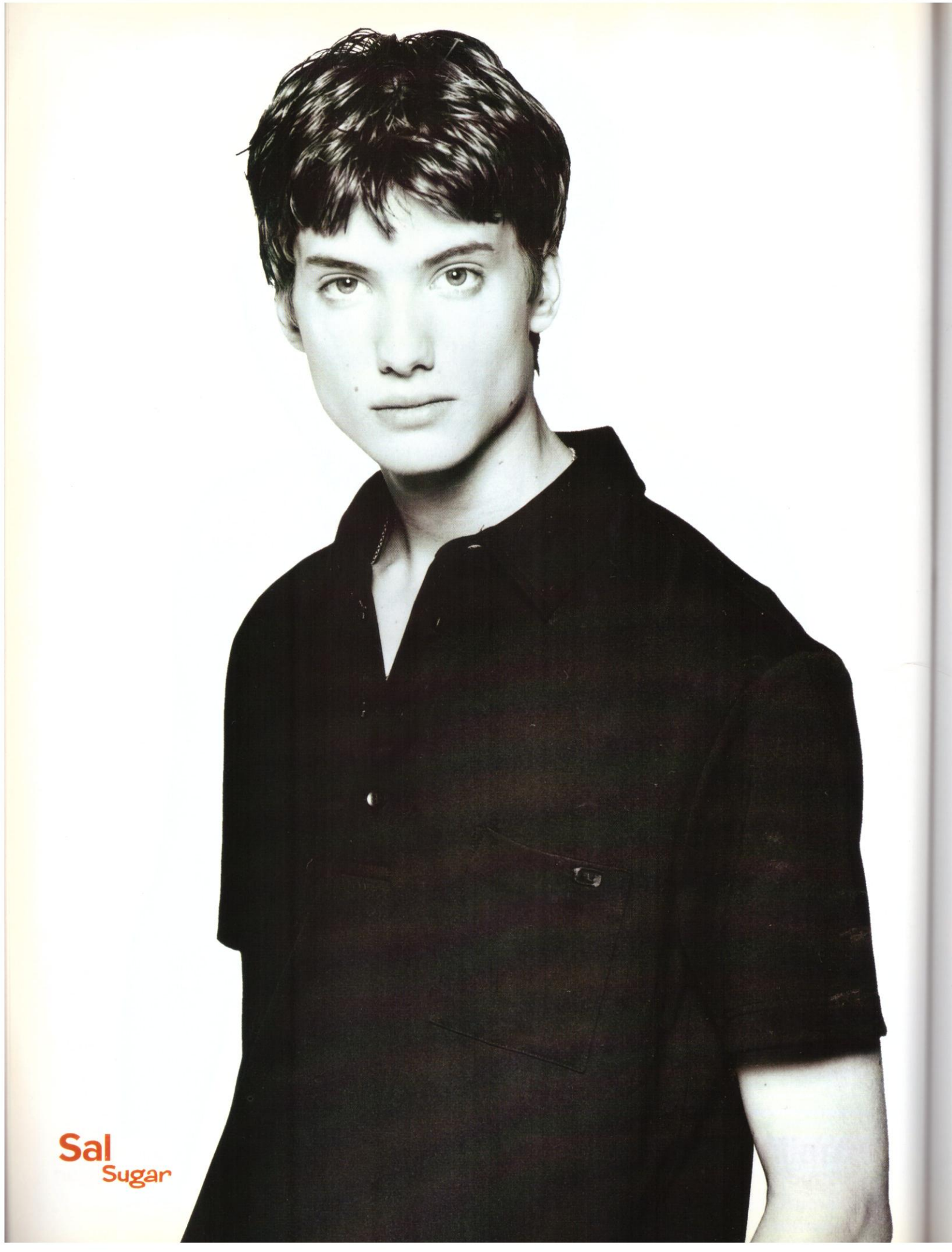
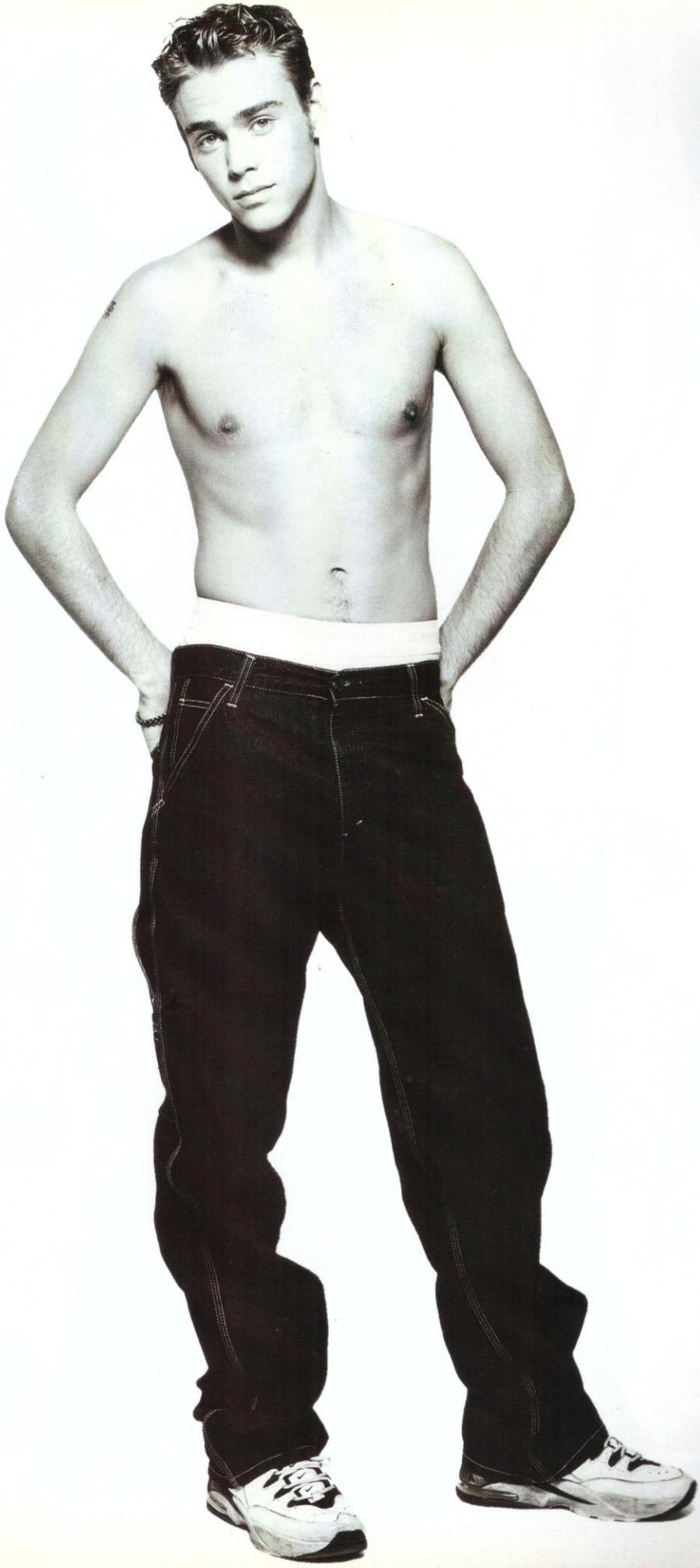

GO BOSS
Julian
Sugar

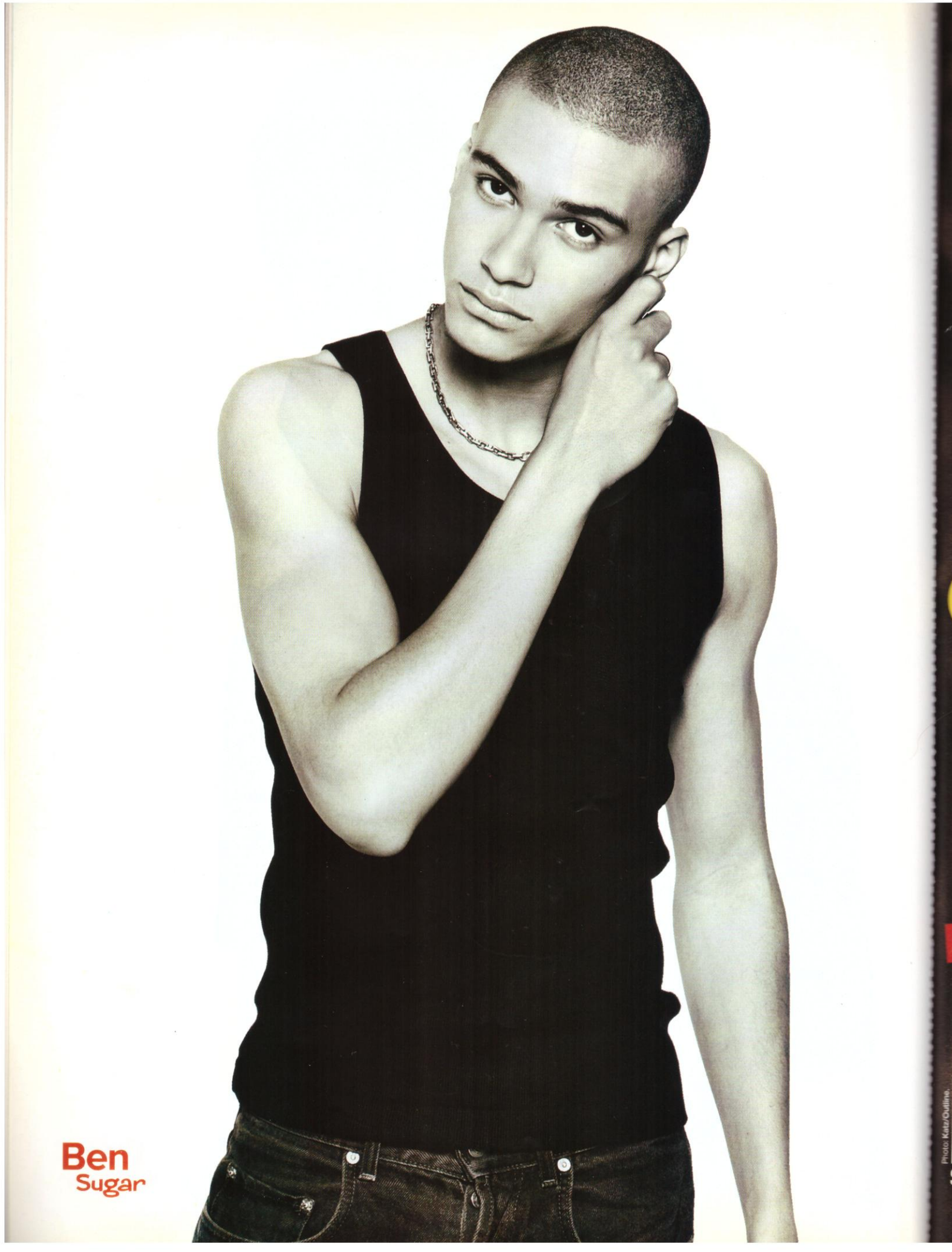
Daniel
Sugar



Sal
Sugar



Dan
Sugar



Ben
Sugar

Photo: Katz/Outline.

P-p-p-pick up a *Pecker*!

Edward Furlong reckons he landed the part in his new movie, *Pecker* because he's "A strange kinda guy". Strange? Maybe. Sexy? Definitely. So check him out...

Your complete guide to the month ahead

This is entertainment

HEAR!

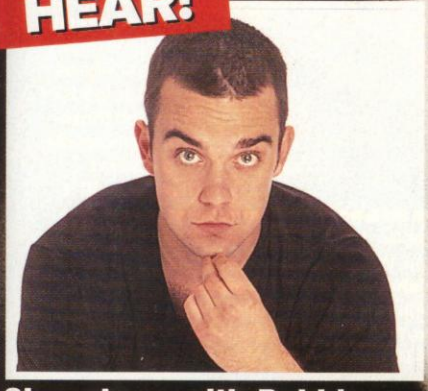
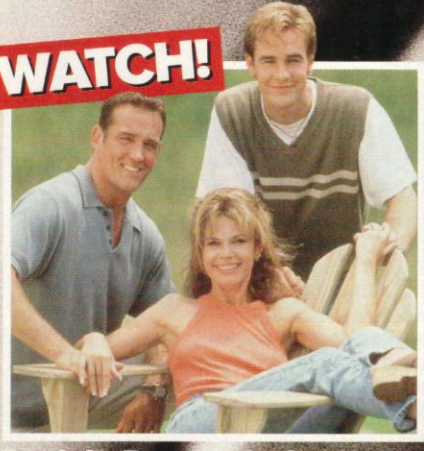


Photo: Katz/Outline

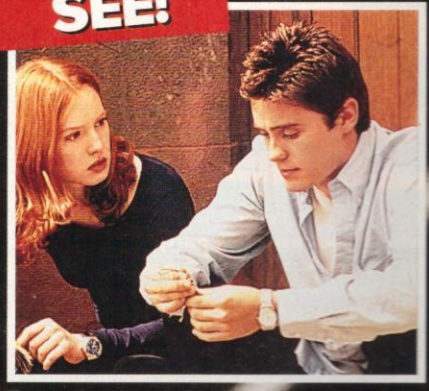
Sing along with Robbie...

WATCH!



Revisit *Dawson's Creek*...

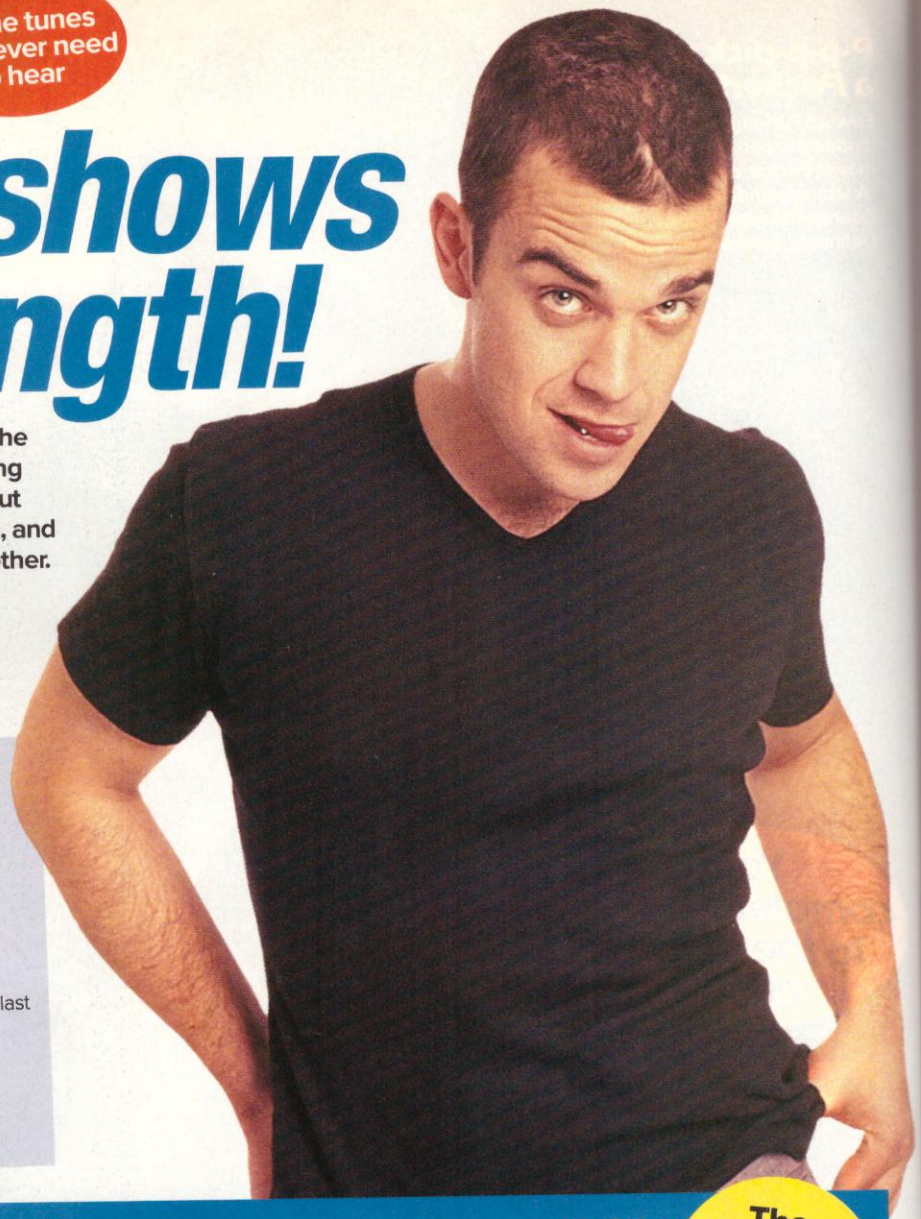
SEE!



Drool over Jared...

All the tunes you'll ever need to hear

Robbie shows his strength!



If you're feeling discouraged and let down by the world, then Robbie's your man. More comforting than any chocolate bar, his next single *Strong*, out March 15, is the perfect pick-me-up. One listen, and you'll be ready to take on the world and its mother.

Not as upbeat as *Let Me Entertain You*, it's more along the lines of the laid-back *Millennium*. This tune will make you believe that Robbie's right by your side. Which is exactly where we'd like him to be!

Five things we love about Robbie

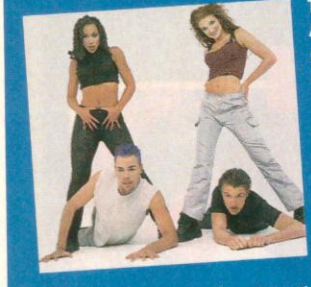
1. The scar on his head. Well sexy!
2. The punky version of Take That's *Back For Good* he recorded on the *Angels* single. Rock 'n' roll!
3. The way he got his dad on stage for a duet at The BBC Theatre in front of a star-studded audience, last Christmas. Sniff.
4. The way he doesn't give a stuff what people think of him. Well, maybe he does, but he doesn't show it.
5. His shaken but not stirred James Bond impression on the *Millennium* video. How cool?

Songs to knock your socks off!

The albums you just can't miss

Vengaboys

The Party Album
Out March 8



The Party Album, eh? Is it good for a knees-up?
Without a doubt. Not only does it include the smash hit, *Up And Down*, but all the tracks have big beats that are ace for making up your own dance routines to.
And what if you're not at a party?
It'll drive you up the wall, across the ceiling and down the other side! It slows down sometimes, but then it's straight back into big beat frenzy.
Not one for when you want to chill out, then?
Err, no.

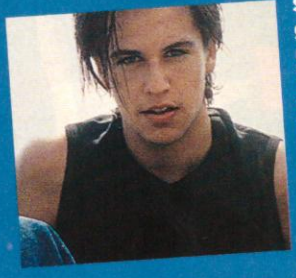
Kula Shaker

Peasants, Pigs And Astronauts
Out March 8

What's the album title all about?
According to lead singer Crispian Mills, the title represents the past, present and future. "There's some kind of lyrical journey going on through the album," he says. It's all very deep.
Strange bloke! Is the album just as bizarre?
It's weird, wonderful and a bit far out. So, yes.
So, should we avoid it at all costs?
Not at all. Songs like *Mystical Machine Gun* are a tad weird, but this is hippy rock at it's best.

Kavana

Instinct
Out March 8



So, has Kav gone all grown up on us?
Yes, siree! This second album features great love songs as well as loads of get-on-those-toes moments.
So what affect will it have on a normally sane human?
It feels like Kavana's actually in the same room as you. What's more he's flirting his socks off.
You should listen to it alone then?
Uh huh. This is the album to stick on when you're lounging around daydreaming. It's more likely to relax you than make you want to go raving.

Dancing queen: **Jo Upcraft**. Photos: **Famous**.

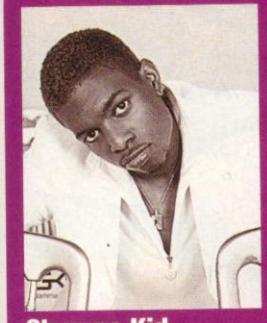
The singles you've gotta buy

Alanis Morissette
Joining You
Out March 1
This one's a bit dark and depressing, so only tune in if you're fed-up and frustrated with the world.

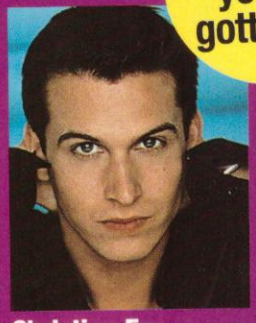
Single of the month

B*Witched
Blame It On The Weatherman
Out March 8
The Irish jiggsters return with a slow number to warm the cockles of your heart. *Blame It On The Weatherman* isn't an attack on Michael Fish, it's a tune about lost love, soothing enough to mend any broken heart.

Alisha's Attic
Barbarella
Out March 15
Let the girls whisk you off into a cyber wonderland with this happy, laid-back tune all about the future. Far out!

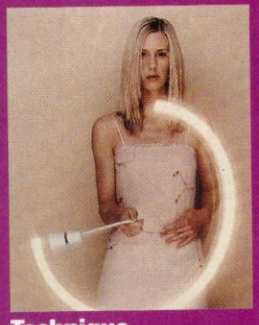


Glamma Kid
featuring Shola Ama
Sweetest Taboo
Out March 1
Shola Ama does vocals on this happy reggae-style tune. Get ready to hang loose!

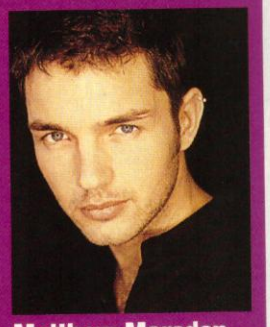


Christian Fry
Won't You Stay?
Out March 1
This simple, poppy number will get you singing along with all its "Oh-ohs" in absolutely no time.

Emilia
Good Sign
Out March 8
This is as sweet as Emilia's last single, *Big Big World*, but it's less catchy and has more of a bouncy beat.

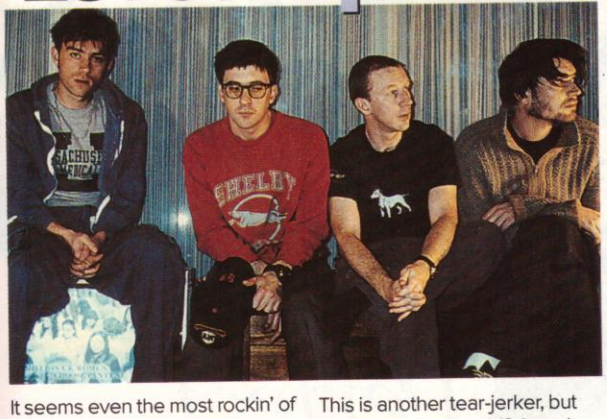


Technique
Sun Is Shining
Out March 15
Technique describe their music as 'electric pop'. Whatever it is, the gentle sounds relax you like a warm, bubbly bath!



Matthew Marsden
Walk My Way
Out March 8
The ol' smoothie's gone all chirpy and positive on us with this uplifting tune to sing along to in the shower.

Loved-up lads



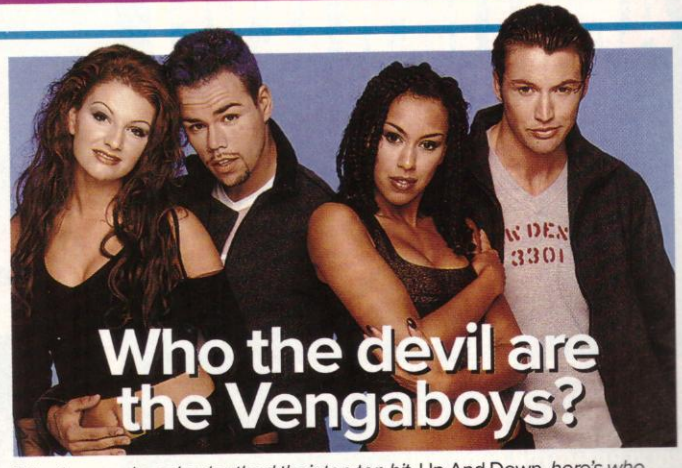
It seems even the most rockin' of bands are suffering a spot of post-Valentines Day depression.

First on the list of big girls blouses are ***Blur***, who return on March 1 with the romantic *Tender*. Different to anything else Blur-esque, this single even features a gospel choir.

Again on March 1, come ***The Supernaturals*** with *Everest*. This is another tear-jerker, but with lyrics about goldfish and Safeway, it's quirky too.

But it's ***Reef***, who release their first single for yonks on March 8, who are truly feeling the pain. *I've Got Something To Say* has lead singer Gary stretching his vocal chords to the max and it's so good, we'll even let them off for being so soppy too!

Dancing queen Jo Upcraft. Photos: Famous.



Who the devil are the Vengaboys?

Whether you loved or loathed their top ten hit, Up And Down, *here's who to blame for it...*

Denice
The shy one.
Swoons over Leonardo DiCaprio. Don't we all!
Hates Being forgetful.
And another thing... Once when Denice was performing live, a fan tried to rip her clothes off!

Roy
The jokey one.
Spends his time Dancing and dying his hair.
Motto "Smile at the world and the world will smile back at you."
And another thing... He dreams of sharing a BMW with Michelle Pfeiffer.

Kim
The loud one.
Describes her self as Honest, but a bit selfish
Loves Shopping and sleeping.
And another thing... Kim's nickname is 'The Lion Kim', because she's seen *The Lion King* 25 times!

Robin
The sexy one.
Nickname 'NRG'
Hobbies Taking long, hot showers and bungee-jumping.
And another thing... Rumour has it that this young chappie once had a fling with Madonna. Ooh!

bis

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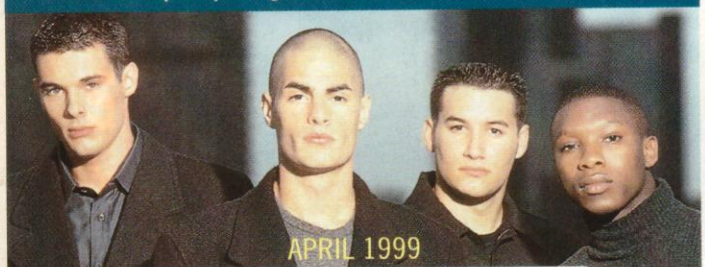

APRIL 1999

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Thu 22	FOLKESTONE LEAS CLIFFE HALL*	01303 253193
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Sun 25	BRISTO[SOLD OUT]ON HALL*	0117 922 3686
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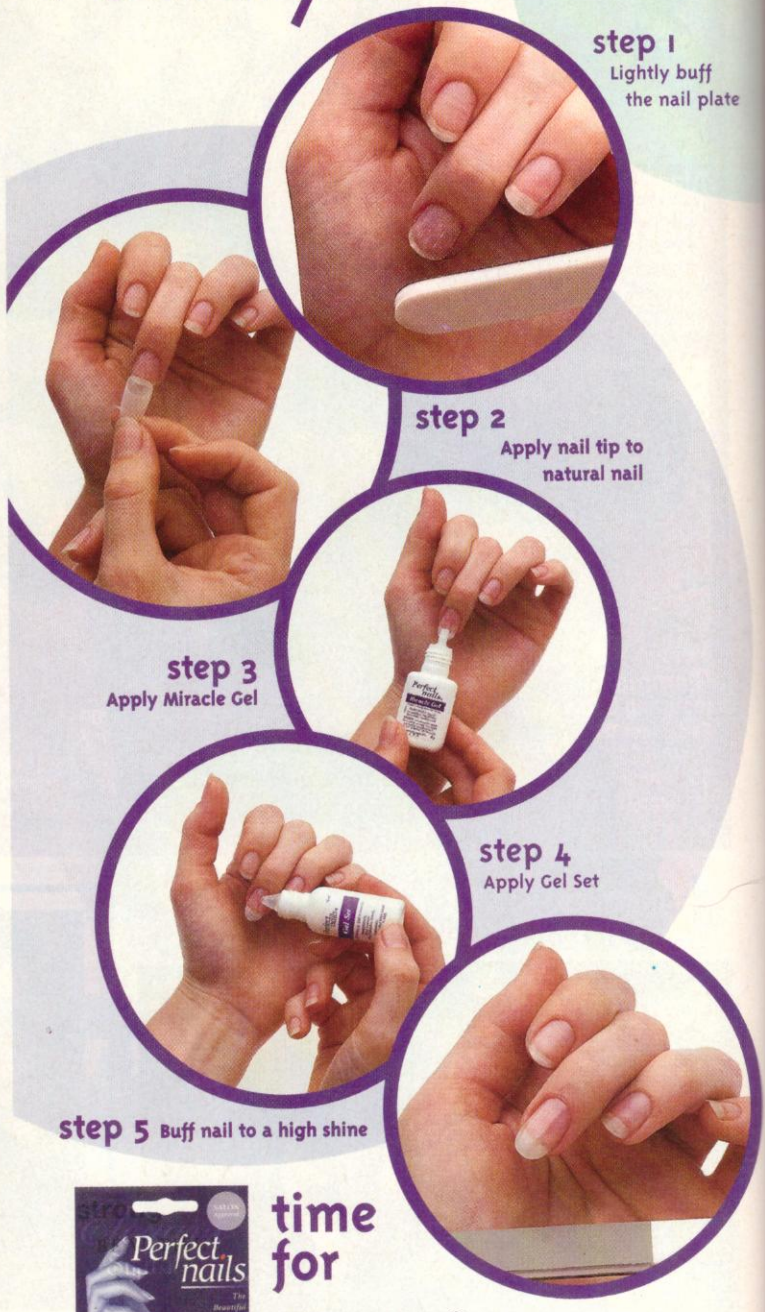
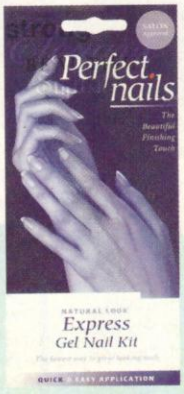
time to get ready...





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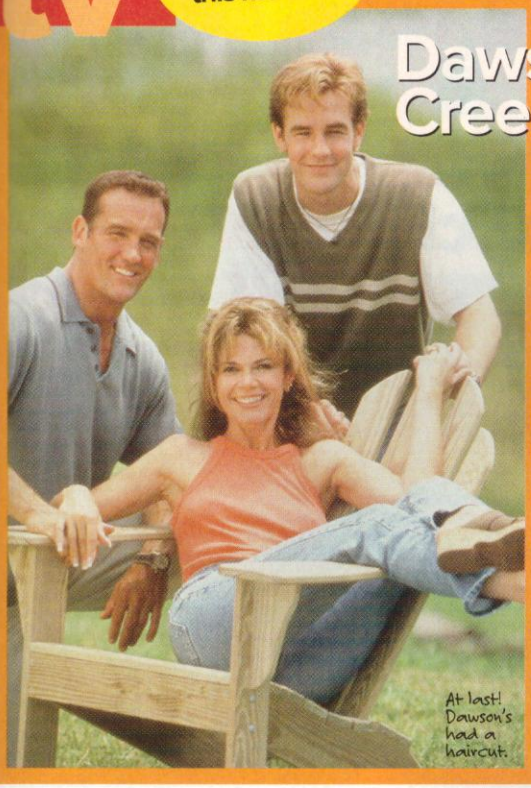
Square-eyed Charlotte Richards.

On the box this month...

Dawson's Creek is back!



Just when those withdrawal symptoms were getting too much to bear, everyone's favourite angst-ridden American teens are back with a steamy new series (*Wednesdays, 6pm on C4 from March 10*).

The biggest surprise this series is that childhood pals Dawson and Joey have decided to try and make a go of things on the romance front. Hurrah! Meanwhile, Jen is busy using her feminine wiles to win him back. Boo!

And if that tangled little web isn't enough, Pacey will be getting friendly with new girl, Andie, as well as coping with the return of Tamara, the teacher he had a bit of a fling with in the last series. Blimey! We can't wait!

Something old...

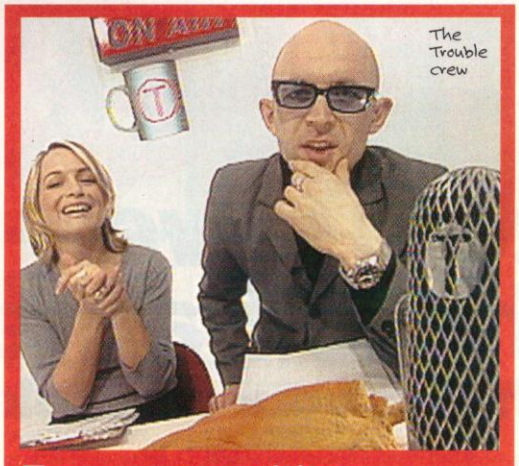
Red Dwarf

(Thursdays, 9pm, BBC2 from Feb 18) The sci-fi sitcom returns for its eighth series. There'll be the usual fun, games and special effects with Lister and the gang plus the return of Rimmer, played by Chris Barrie.

Something new...

Days Like These

(Fridays 9pm, ITV from Feb 12) Made by Carsey Werner, the people who brought you *Roseanne*, this fab show is all about six English teenagers coping with bad haircuts, flares and adolescence in '70s Luton.



Fancy something different for breakfast?

Trouble At Breaksfast *(Weekdays, 7am Trouble)* is a morning show with a difference. It includes all the stuff you'd normally expect from a breakfast show but with a Trouble twist, ie plenty of fun goings-on that'll make getting out of bed a whole lot less painful.

As an added bonus, they're also showing brand new series of *Saved By The Bell*, *City Guys* and *Hangtime*. Trouble is exclusive to cable, satellite and SkyDigital.

Web watching

If you're a total soap addict and live to find out what's been going on in your favourite show, you can now visit its official website. All the soaps have one, but the best has got to be the *EastEnders* one at www.bbc.co.uk/eastenders.

Online treats include:

- exclusive extracts from new scripts
- free down-loadable *EastEnders* pictures
- a guided tour of Walford
- a fab web-cam which lets you see what's happening in Albert Square live. Tip: There isn't much to see when it's dark!

soap

Who *is* the Brookside rapist?

Soap story of the month

Whatever you do, don't miss *Brookside* this month. The hot story down the Close is still the hunt for Nicky Shadwick's rapist. Luke Musgrove may have been charged with the crime, but did he do it? Perhaps a more likely suspect is Nicky's creepy college friend, Harvey *(far right)*.

The truth is that nobody knows, not even the rapist himself! Apparently, *Brookside* producers had decided who the culprit was, but then suddenly decided to change their minds and rewrite the script. Ooh, the suspense is killing us...

Square-eyed: Charlotte Richards.

The best of the rest...

EastEnders Steve and Melanie are getting quite cosy, until Saskia the stalker gets in the way.

Hollyoaks Rumours are bubbling once again about Lewis and Ruth.

Neighbours Lance is seriously out of his depth and it's all because of gambling.

Emmerdale Scott sets his sights on his step-sister, Kelly. Unfortunately, so does Roy...

Home And Away A complete nutter kidnaps Gypsy and terrorises her entire family.

Coronation Street Things are going from bad to worse for the Battersbys but Nick won't let Leanne do anything to help.

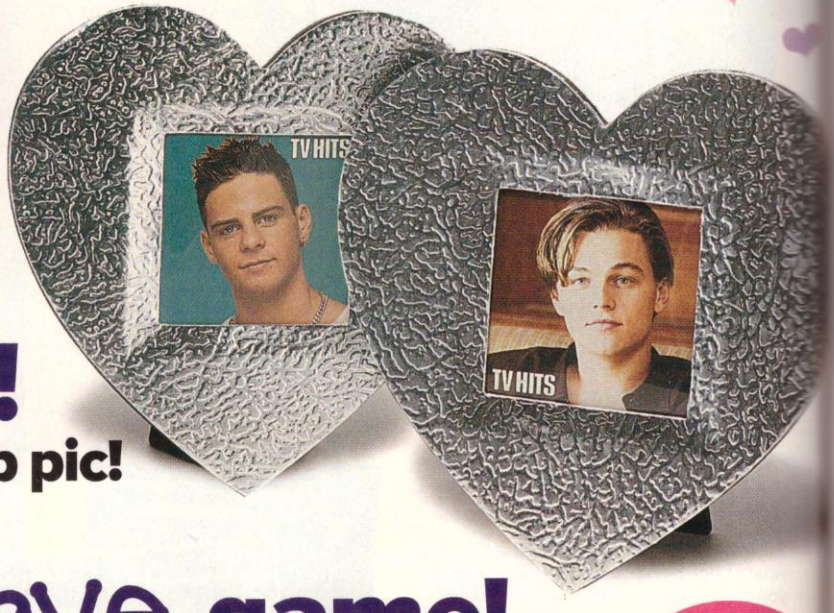
Warning!

This month's TV HITS is packed with the most gorgeous boys EVER!

free!

cool silver photo frame!

Choose your own celeb pic!



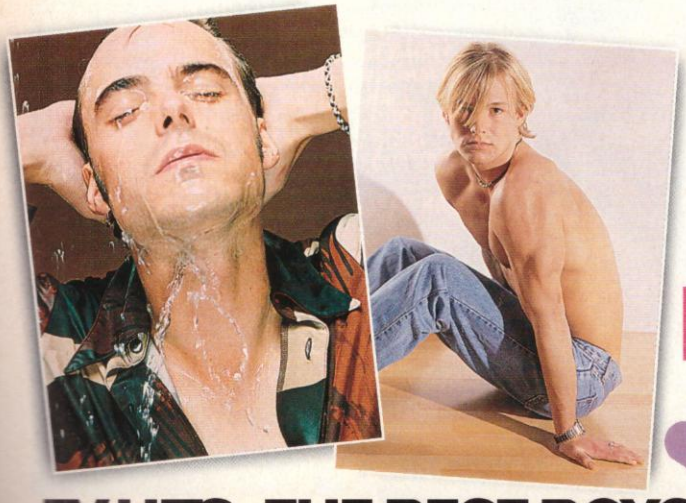
free! Lurve game!

free! Cadbury's chocolate drink!

on sale now!

EXCLUSIVE! Robbie reveals all...

...in the only mag he's talked to!



PLUS! The sexiest posters ever!

TV HITS - THE BEST BOYS IN POP & A WHOLE LOT MORE

film

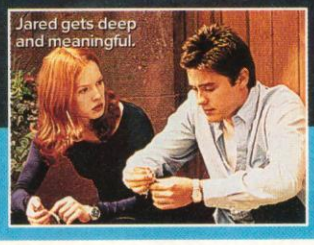
This month's must-see movies!

★ One to watch! ★

Urban Legend (18)

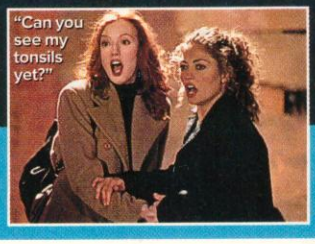
Who's in it? Joshua Jackson, Jared Leto, Alicia Witt.
What's the deal? A bunch of students get a fright when a series of gory murders are carried out in the style of the popular myths they've been studying.
Weird bit Prepare for some pretty scary deaths. Believe us, you'll think twice before you tell ghost stories again!
Coolest clobber The girls *always* look ultra cool in this flick.
Film it's most like *Scream*.
What we *really* think of it It's a spine-chilling epic crammed with gorgeous boys. You can't ask for more really!
Tell me something I don't know Can't get enough of Josh and Jared? Turn to page 14 for a four-page feature on the pair and don't say we're not good to you!

Is that an axe in your pocket or are you just pleased to see me?



Jared gets deep and meaningful.

Josh has problems attracting attention.



"Can you see my tonsils yet?"

Pleasantsville (12)

Who's in it? Tobey Maguire, Reece Witherspoon.
What's the deal? Our heroes get sucked into a black and white TV show.
Weird bit Them discovering there aren't any toilets in the bathrooms!
Coolest clobber The '50s pencil skirts and little cropped cardies.
Film it's most like *The Truman Show*.

"D'ya think they've noticed we're in technicolour?"

What we *really* think of it A really clever story, with the lovely Tobey Maguire thrown in for good measure. You'd be an idiot to miss it.
Tell me something I don't know 1,700 different digital visual effects were used to turn Pleasantsville from black and white into colour.

Thin Red Line (15)

Who's in it? Sean Penn, George Clooney, John Travolta, Ben Chaplin.
What's the deal? It's the story of an army rifle company called C for Charlie who fight together in the World War II battle of Guadalcanal.

"Hi ho, hi ho, it's off to work we go..."

Weird bit As this is a war film, it's not so much weird as gory.
Coolest clobber Men in uniform – need we say more?
Film it's most like *Saving Private Ryan*.
What we *really* think of it It's heavy duty stuff, but very moving.
Tell me something I don't know The battle scenes were all filmed in a field in Australia.

You've Got Mail (PG)

Who's in it? Tom Hanks, Meg Ryan, Posey Parker.
What's the deal? Kathleen (Meg) hates Joe (Tom) in real life. Meanwhile, she's falling in love with someone she's never met over the Internet.
Weird bit Joe's brother is about six years old and his auntie only a year or two older!
Coolest clobber Meg's twin-sets.
Film it's most like *Sleepless In Seattle*.
What we *really* think of it It's your normal corny romance, but nowhere near as good as *Sleepless*.
Tell me something I don't know The bookstores in the film were built on the streets of Manhattan and passers-by thought they were real.

"Didn't we once meet in Seattle?"

Pecker (15)

Who's in it? Edward Furlong, Christina Ricci.
What's the deal? Small town lad, Pecker, shoots to stardom when the photos he takes are discovered by a New York art dealer.
Weird bit Pecker's name because it describes his eating habits!
Coolest clobber They all look like they buy their clothes from Oxfam!
Film it's most like *Good Will Hunting*.

"Get your tongue out of my ear!"

What we *really* think of it A bit odd, but good fun anyway.
Tell me something I don't know John Waters bases all his films in his home town of Baltimore.

video

Out to rent this month...

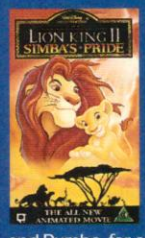
The Land Girls (12)

What's the deal? Stella (Catherine McCormack), Ag (Rachel Weisz) and Prue (Anna Friel) are working as land girls on a Dorset farm during the war. Romance is in the air for all of them when they meet the lovely Joe (Steven Mackintosh)!
Watch it if: you've got all the girls coming over – it's a real chick flick.

Armageddon (12)

What's the deal? Harry Stamper (Bruce Willis) and his team of no-hopers – including the gorgeous Ben Affleck as AJ – attempt to save the world from a giant asteroid which is only days away from destroying the planet. Arrgghh!
Watch it if: you dig blockbusters. They don't come any bigger than this!

The Lion King II: Simba's Pride (U)



What's the deal? Remember Simba, the king of the lions? Well, meet his daughter Kiara (with the voice of Neve Campbell), who joins old favourites, Timon and Pumba, for a romp on the plains of Africa.
Watch it if: you loved *The Lion King* and like a good Disney film.

The Horse Whisperer (12)

What's the deal? When Annie (Scarlett Johansson) has an accident on her horse, Pilgrim, her mum (Kristin Scott-Thomas) decides to take Annie and Pilgrim to visit a horse whisperer (Robert Redford).
Watch it if: you love horses. If you're more into people, you'll probably prefer the book.

Filmgoer Sarah Tomczak.

ask anything

Agony aunt Wendy

Sugar doctor Sarah

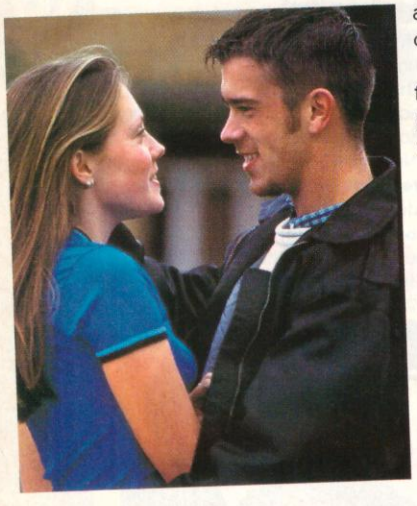
If you've got a problem you can't solve alone, send it to Sarah and Wendy at **Sugar**, *17 Berners Street, London W1P 3DD.*

Should I take him back?

I split up with my boyfriend three months ago because he said it was getting too serious and he needed more space. I was so unhappy I cried for weeks. I've just begun to feel better and have started going out with my friends again, but now he says he made a mistake. I want to get back with him, but I don't want to go through all that pain again. What should I do?

JF, Chester

Wendy says: Only you can decide if he's worth the risk. You're starting to feel better, and there's always a chance you could be setting yourself up for more pain in the long run but it's also possible that your ex made a genuine mistake. If you do decide to get back with him, you will both need to sort out the problems you've been having. You should also remember that he might change his mind again.



That way, you'll be prepared for the worst if it happens, and pleasantly surprised if things work out after all.

"You could be setting yourself up for more pain"

My periods have stopped

I'm 17 and started my periods when I was 14. They've always been regular, but I haven't had one for three months now.

When I was 13, I had sex with my boyfriend several times. I haven't had sex since, so I know I can't be pregnant, but could having sex so young have caused problems? I've talked to a nurse but I didn't tell her that I wasn't a virgin.

Unhappy* Sugar *fan

Sarah says: The fact you had sex four years ago is totally unrelated to the fact that your periods are irregular. However, having had a regular cycle in the past, it's important to find out why your periods have stopped.

The most likely cause is a hormone imbalance, which can be easily corrected. You won't even need to tell the doctor you're not a virgin unless he or she asks you. Remember, the doctor is there to help you and anything you do say will be treated in confidence.

My brother's a nightmare

My brother is always calling me names, hitting me and stealing from me. I'm 16 and he's 18 and I've put up with it for as long as I can remember. He even does it in front of my mum but she never tries to help me.

I've tried to talk to him but it only makes things worse. I've got nowhere to turn. Please can you help me?

Depressed

Wendy says: A bit of sibling strife is one thing, but your brother's behaviour is bordering on abuse. At 18, he should know better so I'm amazed your mum is turning a blind eye. It could be that she's as scared of him as you are, but it's her responsibility to protect you.

Try to make her realise how serious the situation is and insist you get a lock fitted to your bedroom door. At least you'll have a safe haven and it will stop your brother stealing your things. If the situation continues, get outside help from an adult you trust.

I spotted Dad kissing my mate

I have a really big problem. My best friend is 13 and I think she's sleeping with my dad, who's 30. Since my mum left, he's always asking about her and inviting her to come round and stay overnight. Then, the other day I was about to go into the lounge when I saw them kissing.

She goes on about him all the time. I've been trying to keep them apart but I'm so worried. Do you think I should tell someone?

Laura

Wendy says: You need to be careful not to jump to conclusions. Yes, it does sound as if your friend and your dad are especially close, but that doesn't mean their relationship has become sexual. Does your friend have a good relationship with her own parents? If not, she might be looking for someone to fill the void. Could your dad be asking your friend over to make you happy? And was the kiss you saw a peck on the cheek or a passionate embrace?

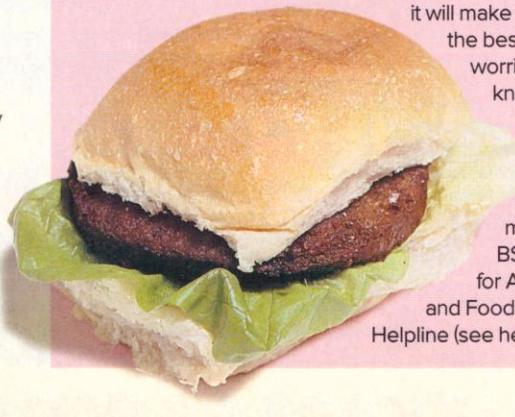
If you're still convinced there's more to it than friendship, talk to them separately. If they both deny there's anything going on, you'll have to give them the benefit of the doubt. If it turns out that they are having a relationship after all, you'll discover the truth sooner or later. Only then should you confide in a responsible adult, such as a teacher, relative or family friend.

I'm terrified of BSE

I know this is going to sound stupid, but I'm paranoid about getting BSE and dying a horrible death. I've always eaten beef so I know it's probably too late to prevent it happening, but what really scares me is that you can have it for years and years without knowing about it. I stay awake at night worrying about it. Is there anything I can do?

Scared, Devon

Sarah says: Try not to worry. The risk of catching a human disease due to BSE is very small. You could decide not to eat beef in future if it will make you feel better, but the best way to beat your worries is through knowledge. Talking to your GP should help put your fears into perspective, or for more information on BSE call the Ministry for Agriculture, Fisheries and Food (MAFF) Consumer Helpline (see help box).



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always

No movement.

Always have designed a new kind of wing, called the flexi-wing. It has unique flexible edges that stretch to follow the curve of your knickers, and help keep the pad in place. So however much you move around, the pad's dri-weave top layer and super absorbent core will help keep you feeling clean, dry and protected. In fact, it has about as much chance of leaking as the roads have of being empty when you're in a hurry.

ULTRA PROTECTION. ALWAYS.

ask anything

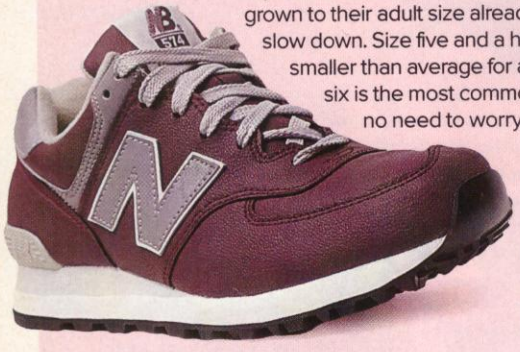
My feet are huge

This might sound like nothing to most people, but it worries me a lot. I have really big feet. I'm only 12 but my shoes are already size five and a half and it really gets me down.

All my mates are size three or below and I feel like a freak. I do everything I can to hide my feet in case everyone notices and starts talking about me. I'm not particularly tall and none of my family have especially big feet, so why has this happened to me?

Worried Spice Girls fan

Sarah says: Everyone grows at a different rate during puberty and all girls worry that some part of their body is growing faster or slower than everyone else's. I suspect your feet have probably grown to their adult size already and will now slow down. Size five and a half is slightly smaller than average for a woman – size six is the most common size, so there's no need to worry.



As the rest of your body develops, everything will eventually grow to the right proportions for you.

What's a love bite?

Last weekend, at a party, I got off with my brother's gorgeous friend. I was really happy until he asked me to give him a love bite. I didn't know what to do but I tried anyway and he said I was useless and walked off.

Now my brother and all his friends are laughing at me. What was I supposed to do?

Confused 13-year-old, Oxford

Wendy says: A love bite is when you suck the skin until a red blotch appears. As all this boy wanted was to show off an unsightly red mark to all his friends, he's clearly not worth worrying about. So next time your brother or his friends make a comment, just tell them their mate was a lousy kisser anyway!

I hate my warts

I have loads of little warts all over my chin and upper lip. I went to the doctor and he told me to use Zovirax but it didn't help. People have started to notice and comment on them. Is there anything else I can try?

Leo fan, 12

Sarah says: Zovirax is used to treat cold sore infections and is unlikely to have an effect on warts. You can buy anti-wart treatments from chemists, or you could try one of these natural cures:

- Apply vitamin E oil to the warts two or three times daily.
- Apply a mixture of tea tree oil and garlic oil regularly until the wart dries. Only add a tiny amount at first in case you develop a reaction to the oil.

Take care you don't get any of the treatments in your eyes.

I'm not allowed a boyfriend

I'm 14 and my parents won't let me have a boyfriend. Last week, someone I liked asked me out, but my mum and dad said that I'm not allowed to start dating until I'm 16.

Most of my friends have boyfriends and talk about them all the time which makes me feel so left out. How can I make my parents realise I'm not a child and need a life of my own?

Depressed Leo fan

Wendy says: It sounds as if your parents are being a little over-protective. They probably still see you as their little girl and are afraid of letting you grow up too fast.

Try showing them how mature you are by talking to them about this calmly and rationally. Explain how happy it would make you to go out with this boy, and suggest inviting him round to meet them. You could even offer to stick to certain ground rules, such as coming home early when you see him on school nights, or only seeing him at weekends.

Once your parents realise you can be responsible they may change their minds. But if they won't budge you'll have to respect their wishes and wait until you're 16. Going behind their backs would only make you feel anxious and guilty, and if they found out you'd broken their trust they'd probably be a hundred times more strict with you than they are now.

She won't talk to me

I've fallen out with my best friend and I don't know what to do. It started when I went swimming with this other girl I know from school. Afterwards, I heard that my mate doesn't want anything more to do with me because she reckons I two-timed her. I tried to write her a letter to say sorry but she just ignored it. She's moving away soon so I don't have much time to make things up. I didn't mean to hurt her. What can I do?

Cathryn, Staffordshire

Wendy says: You're not the one out of order here. Your friend's pretty selfish to expect you just to hang out with her, and she's completely over-reacting. Having said that, maybe her behaviour has something to do with the fact that she's moving soon. This is an unsettling time for her and she's probably feeling pretty insecure.

The best thing you can do is talk to her face to face. If you reassure her that you're still her friend and nothing is going to change that, I'm sure she'll come around.

"Reassure her that you're still her friend"

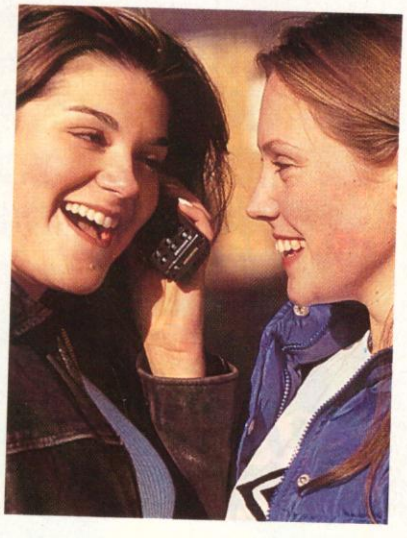


Photo: **Retna** (posed by models). Still-life photo: **Foto Theme.**

If you need more help...

- **Careline 0181 514 1177**
  Sympathetic advice and information on any issue. Mon-Fri 10am-4pm and 7pm-10pm.
- **Childline 0800 111 111**
  Free counselling service for young people.
- **Brook Advisory Service 0171 617 8000**
  24-hour confidential counselling service on contraception and unwanted pregnancy.
- **MAFF Consumer Helpline 0345 573 012**
  Advice on food health issues. Mon-Fri 9am-5pm.

your shout!

In our February issue, we asked for your advice on one reader's dilemma. Here's what you thought...

this month's problem

I'm adopted

I've always got on really well with my parents, but recently they sat me down and told me I was adopted. It was a complete surprise and I'm having real problems dealing with it.

I still love my parents (they'll always be my mum and dad no matter what) but I can't stop thinking about my birth parents. What were they like and why did they give me up? For all I know, I might even have brothers and sisters I don't know about.

Should I try to find out more about them? And if I do, should I tell Mum and Dad about it? I'm scared it would hurt them if they knew how I feel but I can't get it out of my mind.

Catherine, 15

Involve your parents

This must be difficult for you but I'm sure it's a hard time for your parents, too. That said, they love you and I'm sure they'll understand your natural curiosity about your biological parents.

Get your mum and dad involved in the search for your birth parents and that way, with time, it should help you all come to terms with the situation.

Danielle Nichols, CITV

Start the search

When I told my adoptive parents I wanted to get in touch with my biological family they totally understood.

Now, I phone my birth parents regularly, but they have never replaced my mum and dad. My advice is to find out more, but remember that you already have a real family who love you very much.

Louise, West Glamorgan

Don't feel bad

I'm sure it was hard for your parents to tell you you're adopted and they must have known you'd want to find out more about your birth parents.

Don't feel bad about it. Tell them how you feel and I'm sure they'll give you all the support you need.

Dennis, London

Wait a bit

There's no reason why you shouldn't try to find out more about your birth parents but don't let it take over your life.

Finding them could take time and you might have to wait 'til you're 18 to see their names on your original birth certificate. In the meantime, be honest with your family about how you feel.

Claire, Kent

Be prepared

My friend was adopted and when she tried to trace her birth parents, she couldn't.

It's hard, but I think this is something you should be prepared for before you get your hopes up.

Rachel, Croydon

Go for it

If you don't try to find out more about your birth parents, it's always going to be on your mind. But before you do anything, be sure to talk it all through with your parents.

Jo, Isle of Wight

If you're adopted and want to talk to someone about finding your birth parents or any other concerns, call Talk Adoption on 0800 783 1234 (3pm to 9pm, Tues to Thurs).

can you help?

14-year-old Jenny's parents have just told her that the whole family is moving to a different town because of her dad's job. She's really scared about going to a new school in the middle of the year and is worried that no one will want to be her friend.

If you've been through a similar experience or have some advice for Jenny, send your thoughts and a photo to Your shout at the usual Sugar address.

tell us anything

My boyfriend is in prison

15-year-old Kerry never imagined the boy she loved would betray her trust...

"I was 15 when a friend introduced me to Paul. He was four years older than me, but we got on so well the age difference didn't matter. Paul was unemployed so we didn't have much money, but sometimes he'd splash out and treat me to a fancy meal. Other times we'd just sit on a park bench talking and kissing.

True love

Mum and Dad took an instant dislike to Paul. I couldn't understand why, but they decided he wasn't to be trusted. There was no way they could stop me seeing him, though. We were in love.

One night, as I was getting ready to go out, I had a huge row with Mum. "I don't understand why you waste your time on him Kerry," she yelled. "He's nothing but trouble."

I went mad. "I've had enough of you slagging him off," I said. "Why won't you give him a chance?"

I went round to my friend Claire's in tears. But when I told her what was wrong, she wasn't as sympathetic as I'd hoped.

"The thing is," she said, "I think your mum and dad might be right. My brother says Paul's been in trouble with the police. He's stolen cars, broken into houses and all sorts."

I couldn't believe it. Surely Paul wouldn't do anything like that?

Confrontation

I tried to ignore what Claire had said but I couldn't put it out of my mind, so the next time I saw Paul, I asked him about it. At first he denied everything but eventually he admitted he'd been arrested three times and had even been sent to a detention centre before I knew him.

"I'm really sorry Kerry," he said. "But now that I've met you, I've changed. I'd never do anything like that again."

We talked for hours and Paul said that all he wanted was a second chance. I told him I wasn't sure and he just said, "I love you. I don't want to muck things up and to show you how serious I am, I'd like to get engaged."

I was thrilled. Paul was going to go straight and he wanted to marry me! Everything had worked out for the best after all.

"My heart sank. Paul had been lying all along"

Arrested

I didn't see Paul for a couple of days after that, but I didn't worry; it wasn't that unusual. Eventually, he called me.

"What have you been doing?" I asked. "Where are you?"

"I'm at the police station," he mumbled. "I've been arrested for possessing stolen goods." My heart sank. Paul had been lying all along.

Paul's in jail now and the engagement's off. I still care about him and visit him whenever I can but he lied to me and everything's changed. I wish I'd listened to Mum and Dad. I hate to admit it, but they were right all along."

Kerry, 15, Dorset

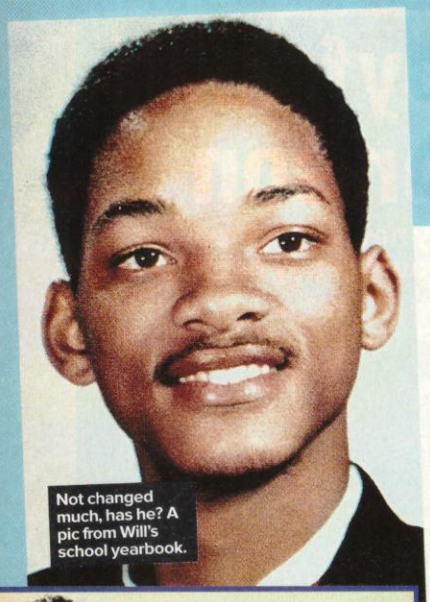
Have you got something you want to get off your chest? Then send it to us at the usual Sugar address.

Photo: **Reina** (posed by models). Still-life photo: **Foto Theme**.

Compiled by: **Charlotte Richards**. Photos: **Tracy Griffin**.

Will

He started out as a Fresh Prince, and went on to save the earth from aliens... twice. Time to get to the bottom of Will Smith. Ooer!

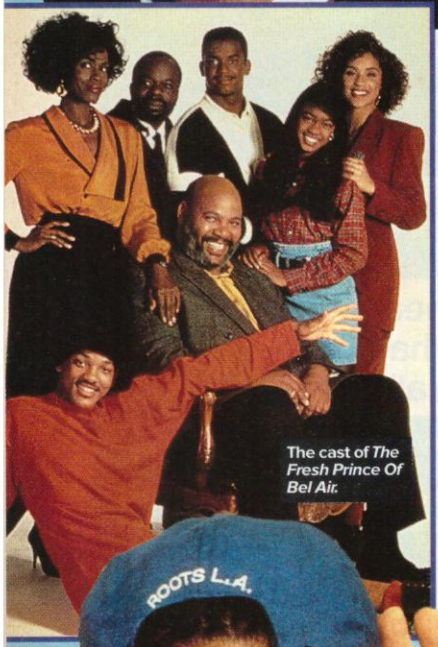


Not changed much, has he? A pic from Will's school yearbook.

Being named Willard

Little Willard Smith II (how grand!) arrived in the world on 25 September 1969. The second child of four, Will was kept in line by his ex-US Air Force dad. Will says, "Growing up, I had more than enough opportunities to try drugs, but I really felt that my father would kill me if I did."

Will says his sensitive side comes courtesy of his mum, Caroline, a school board employee in his home town of Philidelphia, but it's a mystery who he inherited his famous ears from! When asked, Will says, "People need heroes with large ears. That's why they like me and Mickey Mouse." And if he ever needs to go incognito to avoid being swamped by fans, he simply covers his jugs with a baseball cap. No sticky-out ears, no hassle.



The cast of *The Fresh Prince Of Bel Air.*

Ignoring his gran's advice

He took up the mike at the tender age of 12 and was releasing records at 17. By 19, along with Jazzy Jeff, his old school pal, he'd landed the first-ever Grammy award for rap music for *Parents Just Don't Understand.*

And neither do grandparents, by the sound of it. "When I first started writing rap," explains Will, "my grandmother got a hold of my lyric book, read it and wrote in the back, 'Dear Willard, truly intelligent people do not have to use these types of words to express themselves'." He ignored the old dear's advice and Jazzy Jeff And The Fresh Prince went on to cut three platinum albums and score international mega-hits with the likes of *Boom (Shake The Room).* In the meantime, Will's on-screen career was about to go ballistic.

"I can't believe I'm supposed to be this sex symbol"

Becoming a star... by accident

According to legend, Will got his big break on the small screen thanks to a fluke. He was strolling across a car park near a TV studio in California, when he stopped a man and asked for directions.

That man was none other than a producer who knew of Will's reputation as a rapper, and was planning to produce a TV series about an urban kid who moves to Los Angeles to live with rich relatives. When the pair met, *The Fresh Prince Of Bel Air* was born, and the show ran from 1991 to 1996.

Talking about his acting debut, Mr Modesty says, "Everyone thought I could act except me! There I was on the first episode, waiting to go on in front of a live studio audience... I was *petrified*."

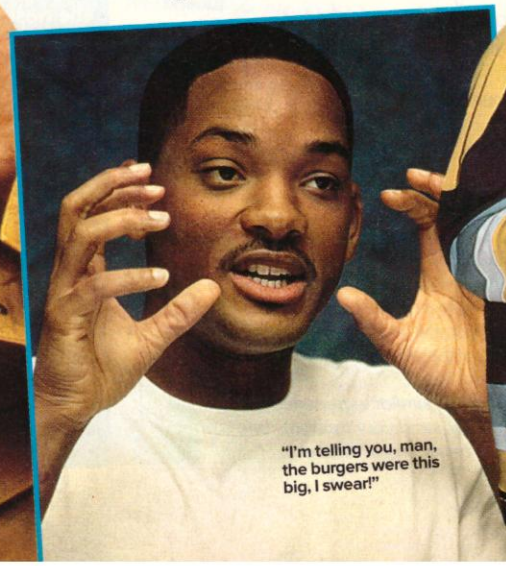
Earning a fortune and losing it

By 18, Will was a millionaire. But the bulk of the money he'd made wasn't through his music or acting skills. It was thanks to a phone line that he and Jazzy Jeff had set up for their fans.

"In nine months, we made more money from the phone line than we did from our first five years of making records!" explains the stunned star. But – oops! – by the time he was 21, he'd blown the lot. "I did stupid things like hiring planes for my friends. If you're given too much, too soon, it can go to your head," says Will in retrospect. "But filming is about hard work and dedication. The money comes second, honestly."

He might claim he's more careful with cash nowadays, but it's not like Will has much to worry about, since he can earn up to a whopping £13 million per movie!

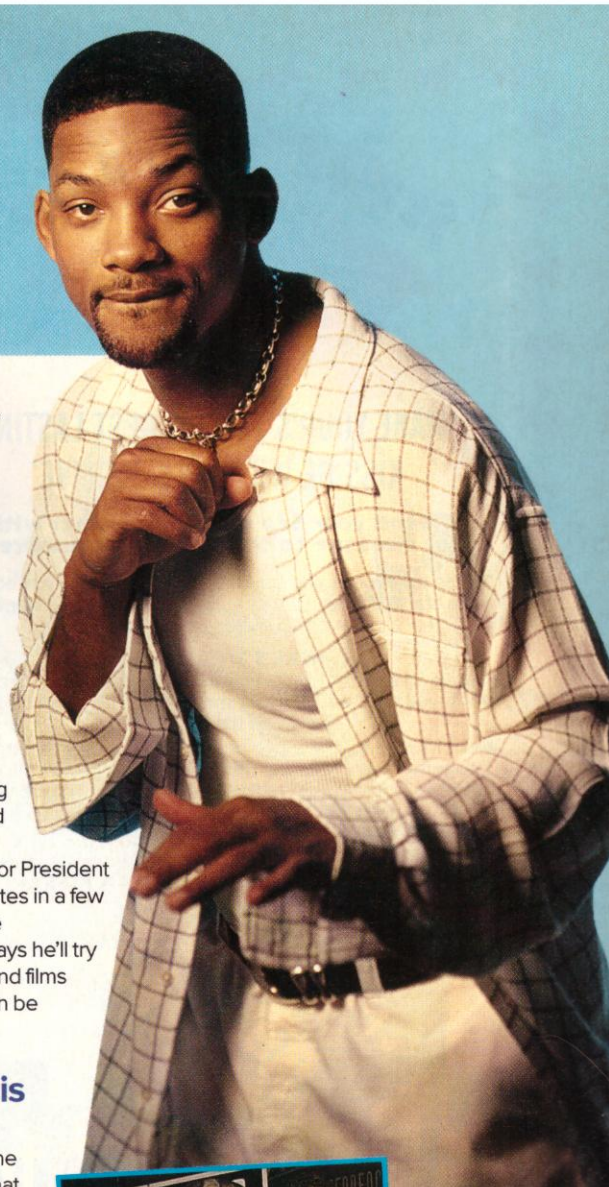
Will makes the sign of the Web. Well, sort of, anyway.



"I'm telling you, man, the burgers were this big, I swear!"

"No, Will, you're supposed to point like this!" says best pal, Jazzy Jeff.

Smith



Saying "no" to a kiss

Will's very laid-back and easy-going on movie sets. But he did get fresh with directors on his first big movie *Six Degrees Of Separation*, six years ago. In it, he played a gay conman, but he had his bosses fuming when he ducked out of smooching with a guy. "The only man I ever kiss is my dad," he said.

Will wasn't so shy when it came to dropping his pants for his role as a detective in *Bad Boys* back in 1995, but then he *had* been working out for three months to make sure he was in shape!

Since then, Will has been alien-chasing in *Men In Black* and *Independence Day*, but the comedy king has now gone all serious in the tense thriller *Enemy Of The State*. Next up, he's set to have us drooling in the romantic flick, *Anything For Love*.

Being a goofy guy

The man dubbed Prince (as in Charming) by a junior school teacher gets all coy when asked about his pulling power.

"I've always been a guy who didn't have much success with women. I can't believe I'm supposed to be this sex symbol," says Will. "I was always the goofy-looking guy. Then I made a movie and people started to say I looked 'special'."

His wife, beautiful actress Jada Pinkett, star of *The Nutty Professor* and *Scream II*, knows just how special he is. Although her 6'4" husband towers above her, she's not fazed by him or his stardom.

"Jada said to me the other day, 'You know, you're one of the biggest movie stars in the world. And you got married.' I said, 'Yeah, I married you, sweetie.' She said, 'That was just stupid.' My wife told me that I was dumb to get married at this point in my career!"

Introducing a new Will Smith

Willard C Trey Smith III may follow in his father's footsteps, but it won't be for a while yet – he's still only six. Known as Trey, he's Will's son by first wife, ex-dancer and model, Sheree Zampino.

The couple divorced after two years, and now Trey mostly lives with his mum, but nips over to his dad's mansion at the weekends. Will and Jada also have a new baby, five-month-old Jaden Christopher Syre.

After living it up in his early years, Will's happy to play the role of family man.

"It's taken me till now to realise that life is being with one woman and having a bunch of kids running around," he says.

Getting political

A successful rapper, TV star, top movie actor and family man, is there nothing this guy can't do? Well, it's been said that he's planning to follow the lead of his buddy Bill Clinton and run for President of the United States in a few years time. In the meantime, Will says he'll try to make music and films that his family can be proud of.

Naming his album

That leaves one question. What on earth possessed him to name his latest album *Big Willie Style*?

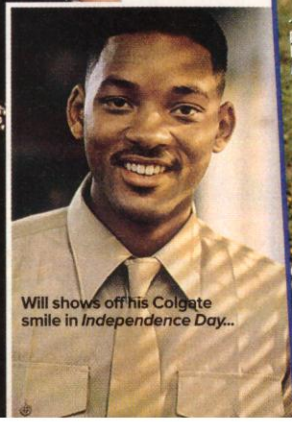
"A willie means something different in the States to what it does in the UK," he says. "It's someone who is great at something. Michael Jordan, for instance, is a basketball willie."

So, now you know!

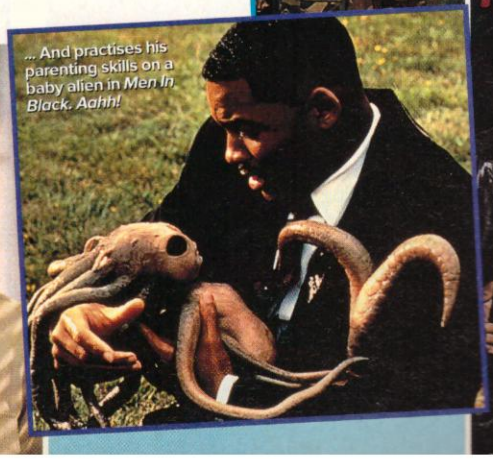
Words: **Rachel Dobson.** Photos: **Alpha, All Action.**

Phwoar! Black is definitely Will's colour!

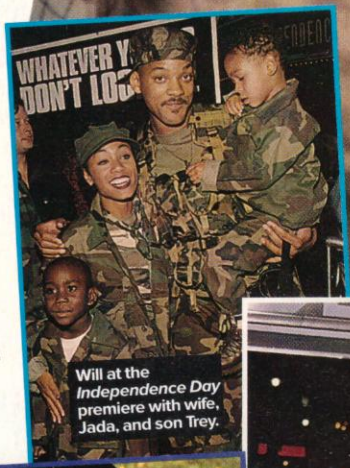
Sheree was married to Will for two years, after meeting him on the *Fresh Prince* set.



Will shows off his Colgate smile in *Independence Day*...



... And practises his parenting skills on a baby alien in *Men In Black*. Aahh!



Will at the *Independence Day* premiere with wife, Jada, and son Trey.

At the London premiere of *Enemy Of The State* with Jada.

Sealed with a Kiss

'MAKE YOUR'S THE LONGEST LASTING KISS HE WILL EVER RECEIVE'

Send your Sealed Kiss together with your message to the Person of Your Dreams.

It can be your boyfriend, a pop star, someone you admire from afar, a holiday romance, maybe a distance lover or the person you share your dreams with.

HERE'S WHAT TO DO

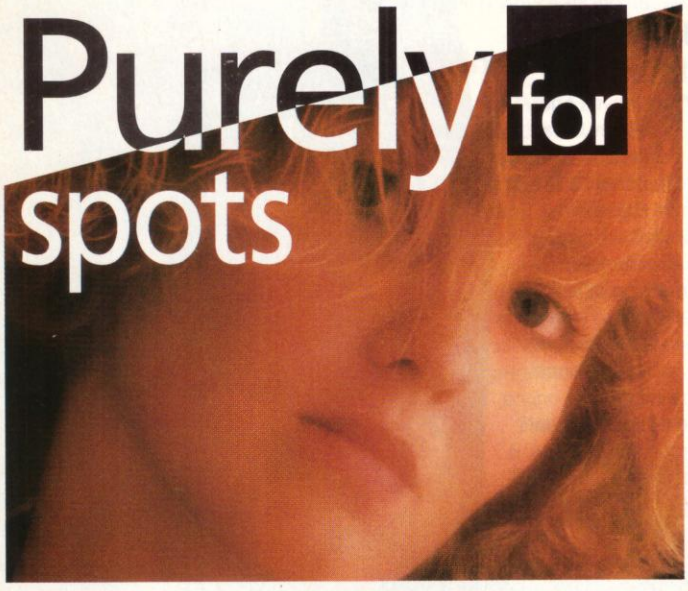
Apply lipstick to lips, blot onto a sheet of white paper on which you have written your message clearly in block capitals (no more than 30 words).

We will print your message onto a card the size of this advert together with your kiss print. Then seal it forever in clear plastic and post in the stamped addressed envelope you have provided to the address of your choice.

Send your stamped addressed envelope (C6 = 114 x 162mm) with your message & kiss plus cheque or postal order for **£3.95** made payable to **SEALED WITH A KISS** and post to

SEALED WITH A KISS
1240 Pershore Road, Birmingham B30 2YA

Purely for spots



When it comes to beating spots, acne or other skin problems, creams or sticks only touch the surface. The secret of a pure spotless skin goes deeper than that!

Clear Complexion tablets contain natural active herbs that help to treat your skin from within. So your skin stays clear of spots - and you stay looking good!

Available from health shops including Holland & Barrett, large Boots, Superdrug and Tesco stores.

Jessup Marketing, tel: 01932 854825.

Always read the label

where to buy it

A **Accessorize** call 0171 313 3000. For mail order call 0171 436 0737
Airwalk call 01566 783 444

B **Benetton** branches nationwide. For London call 0171 731 4564; for the North call 0161 929 9259; for Scotland call 0131 226 3664
Blue Nile call 0181 442 8917
Black and White from branches of Superdrug and Boots nationwide
Blax call 0541 505 000 for mail order
The Body Shop stores nationwide or call 01903 731 500
Boots call 0845 070 8090
Burlington call 0171 580 8355

C **Cacharel** from larger branches of Boots and department stores nationwide
Charles Worthington from branches of Boots, Superdrug and Argos nationwide
Claire's Accessories Pepsi Trocadero, Piccadilly Circus, London W1; 5-6 Market St, Cambridge; The Ards Shopping Centre, Newtownards, N Ireland; Stirling Sissle Marches, Sterling, Scotland; Meadowhall, Sheffield and branches nationwide; or call 0121 682 8000
Clarks Kids stores nationwide or call 0990 785 886

D **Debenhams** stores nationwide or call 0171 408 4444
Denman call 0171 318 3135
Dozers from branches of TopShop or call 0171 729 3003
Dune 33 King's Rd, London SW3; 66-68 Kensington High St, London W8; Unit G11 The Plaza, 120 Oxford St, London W1; 17A Market St, Cambridge; Unit G31 Bentall Centre, Kingston Upon Thames; Unit 233 Lakeside, West Thurrock, Grays, Essex; Unit 22, The Arcade, Meadowhall, Sheffield; or call 0171 258 3605

E **Easy Jeans** from major jeans retailers or call 0181 450 9161
Emma Bernhardt call 0171 935 4040

F **Faith** branches nationwide or call 0800 289 297
Falmer call 01268 773 633
Firetrap call 0181 993 0822
French Connection 249 Regent St, London W1; 9 New Broadmead, Bristol; 45A Hanover St, Edinburgh; 53 Albion St, Leeds; or call 0171 399 7200

H **H&M Hennes** 261-271 Regent St, London W1; Caxton Gate, New St, Birmingham; 10 Western Rd, Brighton; The Plaza, Leeds; or call 0171 255 2031

I **Inecto** from independent chemists nationwide

J **Jean Varon** call 0171 631 4445
Jeffrey Rogers stores nationwide or call 01923 474 400
Jerome Russell call 01708 554 000
John Frieda at Boots and Superdrug
Joshua Galvin exclusive to Superdrug

K **Kappa** call 01250 874 567
Kangaroos from branches of Ravel nationwide or call 0161 861 7501
Kangol at branches of Debenhams nationwide or call 0171 487 4888
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L **La Redoute** for mail order call 0500 777 777
Levi's 174-176 Regent St, London W1; 13A Eldon Way, Eldon Sq, Newcastle-Upon-Tyne; Argyle St, Glasgow; 39 Above Bar St, Southampton and branches nationwide; or call 0160 470 436
Look Again for mail order call 0345 444 333

M **Miss Selfridge** branches nationwide or call 0171 629 1234
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Miss Sixty call 0171 700 6470

N **New Look** 175-179 Oxford St, London W1; 30A/B Castle Mall, Norwich; 31 Market St, Manchester; 13-15 Argyle St, Glasgow; or call 0500 454 094
Nicky Clarke at Boots and Superdrug nationwide

O **Oasis** 292 Regent St, London W1; 96 Union St, Glasgow; Unit 1 The Burlington, 125-126 New St, Birmingham; 50 Kings St, Manchester; or call 01865 881 986
Opal for mail order call 0181 208 0708

P **Polo Jeans** call 0171 647 5000

R **Red Or Dead** call 0114 273 7827
Remmington call 0800 212 438
Rimmel call 01233 625 076
Rise call 0171 729 2360
Rokit 225 Camden High St, London NW1 (0171 267 3046); 23 Kensington Gdns, Brighton (01273 672 053)

T **Tammy** at branches of Etam nationwide or call 0181 451 6455
Tesco branches nationwide or call 0800 505 555
TopShop branches nationwide or call 0171 291 2351

V **V05** from branches of Boots and Superdrug nationwide

Photos: Retna, PA News. Illustration: Vicky Thomas.

Pisces

February 19 – March 20

You were... a sweet baby with dimples and a lovely smile. A highly imaginative child, you often invented your own games and may even have had an imaginary friend.

You are... caring and compassionate, so much so that you often take the worries of the world on your shoulders. This can get you down and you've been known to throw a temper tantrum when you get fed up with being everyone else's shoulder to cry on!

You will be... very happy, as long as you get the chance to express your creativity. You like to work at your own pace and would make a good actor, dancer, designer, painter, poet or writer.

★ Life

You love to daydream and can get so distracted you lose track of what's going on around you! You also enjoy chilling out to your favourite music, writing and painting. One of your pet hates is noise. You'd much rather go for a long walk or a relaxing swim than face shopping in a busy high street.

★ Love

Emotionally, you're very generous and fall in love easily. In a relationship, you need plenty of reassurance but in return you're very loving and giving. Choose Scorpios like Leonardo DiCaprio for romance; Capricorns like Jamie Theakston for obsession and passion; and Cancer boys like Abs from Five or Keith from Boyzone for a heavenly match.

★ Looks

Although you're modest, you're a big believer in flaunting your plus points! Pisceans tend to be cute and curvy and like to look a little different to everyone else. Rummaging around in second-hand markets in search of all things weird and wonderful is one of your fave hobbies.

★ Friends

You expect understanding and undying loyalty from your mates and like people who support you. Although you often rely on friends to organise you and take the lead in social situations, you don't like to be overshadowed.The best signs for friendship are Scorpio (you'd get on well with Louise and Winona Ryder) and fellow Pisceans like Drew Barrymore and Patsy Kensit.

★ You're happiest...

Surrounded by sea green, pale blue and soft pink
On Thursday
Eating pumpkin pie
Holidaying in the Algarve
Wearing something from Oxfam
Smelling of honeysuckle

★ Your year ahead

Jupiter exits your sign in February and this leaves you wondering what to do about that empty piggy bank. The planets advise you to be generous with your time and this'll more than make up for any lack of cash!

The start of summer may be a stressful time, but if you're tempted to be deceitful in any way, don't be! No good will come of it.

The solar eclipse in August could mean minor health problems but, as usual, you'll come out on top. As the year goes on, you discover talents you never knew you had.

Finally, from February 2000, you'll be on the move and travel is forecast, giving you a whole new outlook on life.

If **he's** a Pisces

Mr Pisces: He's got the sweetest face and gorgeous, little-boy-lost eyes. His hair is boyishly floppy, but that's no accident; many Piscean boys have big ears!

When you get to know him, you'll discover what a deep thinker he is. He's modest, too, but on the downside, he's not the most logical person in the world.

Snog appeal: He's like a teddy bear – soft and comforting – but it'd take some imagination to see him as a love god!

Datability: He never says no, so if you want him, he's yours. Watch out for his exes, though. There are quite a few and some of them might think they're still going out with him...

Pisces blokes we like:
★ Peter Andre
★ Ronan Keating
★ Taylor Hanson
★ Stephen Gateley

Picture Retna, PA News. Illustration Vicky Thomas

Your stars for March

Pisces
(February 19 – March 20)

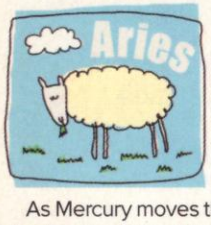
A close friendship or romance could cause problems at the start of March and you may decide that a certain person just isn't worth the trouble. There's no need to cut them out of your life completely, but do you really need to spend quite so much time with them?

The new moon in your sign on the 17th sees you perk right up (it's the perfect time to give yourself a makeover!) and from the 18th onwards, you're looking and feeling fab! Just make sure you don't get too excited and blow all your hard-earned cash on a big night out. It wouldn't be the first time, now would it?

Lucky snog day 19th

Aries
(March 21 – April 20)

If you've had health problems, you're about to put them behind you. School's well-starred, too, especially when a long-term feud comes to an end.



As Mercury moves through your sign between the 10th and 17th, though, delays and cancellations are forecast, so prepare to be disappointed. Someone confides in you on the 17th and the secret becomes a bit of a problem. You're tempted to spill the beans but you could regret it.

The good news is that from the 21st, when the sun enters Aries, you can handle anything life throws at you. Hurrah!

Lucky snog day 21st

Taurus
(April 21 – May 21)

You've been crazy about someone for a while now, and at last you get the chance to let them know exactly how you feel! All relationships are well-starred around this time, and if you begin a new romance this month, chances are it'll be around the 2nd, when your ruler, Venus, stirs up the fires of passion.

Take care not to make too many promises around this time, though, as you'll probably find you're unable to keep them. New friends arrive with the new moon and you can look forward to enjoying an exciting social life in unusual surroundings!

Lucky snog day 18th

Gemini
(May 22 – June 21)

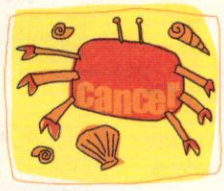
You often find it hard to motivate yourself and this month with your ruler, Mercury, darting back and forth, you're torn between fun and commitment. Spending some time at home at the start of March may be a good compromise and will give you the time you need to sort out your priorities.

The full moon could cause friction between you and a family member, but it's in your interest to back down and make up. Something that happens between you and a mate from the 7th to the 13th will make you want to run for the hills but you'll learn more if you face it like a, err, girl.

Lucky snog day 6th

Cancer
(June 22 – July 22)

The full moon at the start of the month may cause you to become a bit over-emotional. But if you try not to act on feelings you know are a tad OTT and keep a grip on that volcanic temper of yours, you'll avoid unnecessary conflict.



On the 9th, your usually brilliant intuition is sharpened, so be prepared to read other people's secret thoughts! Later in the month a face from the past will re-enter your life, bringing along a very tempting offer. Don't be over-cautious about it. Sometimes it pays to grab life's opportunities with both hands and this is one of those times.

Lucky snog day 29th

Leo
(July 23 – August 23)

A powerful aspect between the sun and Pluto may cause your plans to alter at the start of March. One relationship gets out of hand as you and a so-called friend battle for supremacy. Before you can progress, changes need to be made. So what to do? Stop being so possessive for a start, and make an effort not to make mountains out of molehills.

Any problems you encounter later on this month will be helped by the fact that your family are being very supportive at the moment, so don't keep things bottled up. There are people out there who are ready and willing to help.

Lucky snog day 31st

Virgo
(August 24 – September 22)

If you've lent something to a loved one, you may now be struggling to retrieve what is rightfully yours and the full moon in Virgo on the 2nd doesn't help. Watch your temper on that day or you could do or say something you'll later regret.

Friendships are like a rollercoaster ride between the 7th and 13th, thanks to a dodgy aspect to your ruler, Mercury.

A new romance is forecast mid-month, but beware of a jealous female who's keen to put a spanner in the works. Things will work out for the best if you just listen to what she has to say and keep smiling.

Lucky snog day 20th

Libra
(September 23 – October 23)

You've been acting in a superficial way for long enough. As March dawns, you become decidedly deep and start to search out equally thoughtful companions. Anything trivial or frivolous won't interest you, 'cause what you need is intensity and lots of it!

If you start a romance this month, it'll be with a rather poetic type and any new friends will tend to be on the intellectual side. School goes well, because you've decided to concentrate.

The full moon in Libra at the end of the month marks the emergence of a whole new persona!

Lucky snog day 13th

Scorpio

(October 24 – November 22)

You know that if you want to progress, you must wave goodbye to some of those so-called chums. This shouldn't be too hard, as circumstances may bring about separation anyway.

From the 13th, Pluto appears in the money part of your chart causing cash worries, but don't panic 'cause you'll be distracted by love, when it comes your way in abundance around the 17th. Beware, though. This lad may not be the most reliable sort, so you might get stood up at least once before the month is out. Your best bet is to keep cool and accept this relationship as simply a bit of fun.

Lucky snog day 26th

Sagittarius

(November 23 – December 22)

Your love life comes into focus during the first two days of March, as your ruler, Jupiter, gets together with dreamy Neptune, and causes you to see someone through rose-tinted specs.

Trouble is, if you continue to idolise him, you'll probably end up very disappointed indeed.

Friendship-wise, all that serious soul-searching that's being going on between you and a certain someone for the past few weeks has finally been talked out. Relationships with mates are destined to be fun-filled and light-hearted from now on. And that should be a big relief to all concerned.

Lucky snog day 28th

Capricorn

(December 23 – January 20)

Capricorns usually like routine, but suddenly you're fed up with it; you're in a rut and you want to get out. There's a part of you, however, that fears change and makes it hard for you to do anything drastic. Talking things through with close friends or family should make decisions that bit easier.

One of the changes you might be tempted to make is to do with that boy you've been getting friendly with lately. Just make sure it's what you really want and not just a symptom of your desire for change.

Pay attention to your dreams this month, too. They could be trying to tell you something...

Lucky snog day 16th

Aquarius

(January 21 – February 18)

You're usually so down-to-earth and realistic, but as March arrives, you're bordering on hysterical! What's got into you? You're feeling restless and excited, and the movements of your ruler, Uranus, on the 10th could mean there's a romantic link.

A connection between love and money is strongly indicated, so make sure you check out the guy behind the counter if you make a withdrawal at the post office this month!

As far as school goes, you're feeling pretty relaxed at the moment. That's good news, but take care not to get so laid-back you start to let things slip or you could regret it later.

Lucky snog day 12th

Photos: Helen Marsden. Illustrations: Vicky Thomas.

by Jacqui Deevoy

Your **love forecast**

Will your love blossom as winter turns to spring? Find out with **Sugar***'s numerological guide to love...*

First, find your star sign's lucky number for the month...

Aries **6**	Leo **3**	Sagittarius **1**
Taurus **4**	Virgo **7**	Capricorn **9**
Gemini **7**	Libra **4**	Aquarius **2**
Cancer **8**	Scorpio **5**	Pisces **1**

Add this number to the numbers representing the day and month of your birthday. Then add on the number of the current month. As you know, this month is March, the third month of the year, so its number is 3.

For example, if you're an Aquarius and your birthday is February 15, it'd work out like this: 2 (this month's lucky number for Aquarius) + 1 + 5 (your birthdate) + 2 (your birth month – February in this example) + 3 (the number which represents the current month of March) = 13.

Now add those two numbers together until you get one single number, ie, 1 + 3 = 4. So, in this example, 4 would be your love number for March. Once you've worked out your own special number, look up your love forecast below...

1 If you've been ignoring someone, ask yourself why. Perhaps there's a better way of dealing with the problem. In your heart you really care for this person, and you aren't going to get what you want behaving like this.

2 Your love life looks OK on the surface, but you're not as happy as you could be. Are you content to put up with what you've got or are you ready to make some much-needed changes? Think about it...

3 You think the best way to get what you want is to wait, but it's time for action. Sitting around expecting love to come knocking won't do any good. Get out there and get looking!

4 A big decision needs to be made regarding the person you love and, although you think this should be left to someone else, the simple truth is that you're the only one who can make it. So stop dithering!

5 You're desperate to sort out a romantic problem, but you shouldn't rush into anything. Use the next four weeks to work out a sensible strategy and don't put plans into action until this time next month.

6 A new romance could start this month and things may well get pretty steamy. But once the initial excitement has worn off (and it will), you need to make sure you're getting as much out of this relationship as you're giving. Then take it from there.

7 You're in a possessive mood, but if your best mate pairs up with a lad this month, don't make a huge fuss. Concentrate on sorting out your own life – chances are you've been relying too much on a certain person anyway.

8 Oh no! You've got the major hots for someone totally inappropriate! So what are you going to do? Realise that this guy is out of bounds and avoid him at all costs, that's what! Then set your sights on someone who's more available and fast!

9 Your love life may be a bit stagnant but that could be due to the fact that you're keeping your feelings bottled up. Once you open up a bit and stop being afraid of what might come out, you'll be so much more attractive to the opposite sex. Try it and see...

free!

Swanky magnetic address book

Use it to organise your social life or just drool over the models!

with next month's Sugar

Out Tuesday March 16

We don't like to gossip but...

Why's Steve looking so pleased with himself?

And what's this young lady got to grin about? Turn over to find out...

PSSSSST!

Have you heard...?

★ ★ ★ Considering **Leonardo** is one of the world's highest paid film stars, he was pretty stingy when it came to buying a wedding present for *Titanic* co-star, **Kate Winslet**. All he could manage was two champagne glasses, worth a measly six quid!

★ ★ ★ **Pamela Anderson** has finally got Tommy Lee out of her life for good. When she married

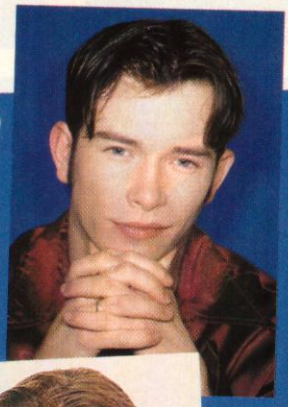
We don't like to **gossip** but...

Hubbyzone?

If you believe everything you hear, it would appear that Stephen Gately is all set to become the fourth member of Boyzone to tie the knot.

According to *The Sunday People*, friends reckon that Stephen will soon be announcing his engagement to new Irish singing sensation Kerri-Ann, 20.

Apparently the pair first met four years ago in Dublin and hit it off immediately. The boys helped her find fame and fortune in her native Ireland and her friendship with Stephen has since blossomed into love. Personally we won't be buying our wedding hats just yet...

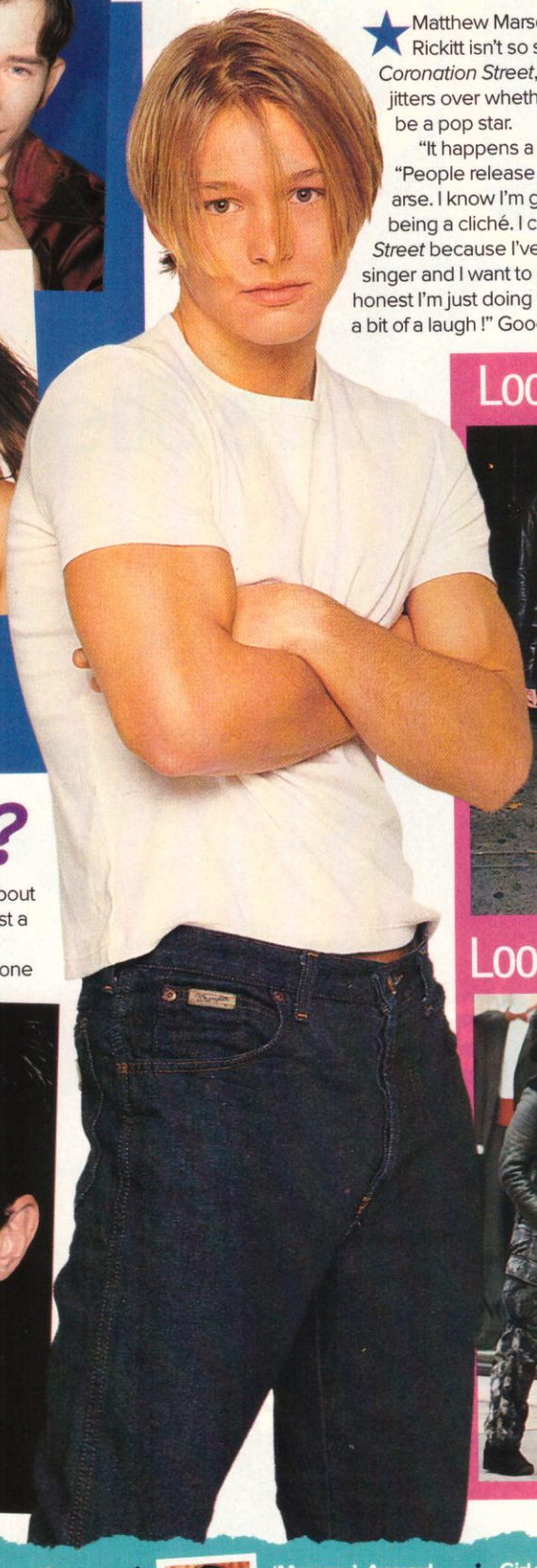


(left) Ronan and his wife Yvonne. (far left) Keith and his wife, Lisa. Both couples got wed last year. As did Shane Lynch who married Easther from girl group, Eternal.

Will Adam have a career after Corrie?

★ Matthew Marsden managed it, but Adam Rickitt isn't so sure. Now he's quitting *Coronation Street*, Adam's getting the jitters over whether he's got what it takes to be a pop star.

"It happens a lot," the poor lad quavered, "People release a record then fall flat on their arse. I know I'm going to get slagged off for being a cliché. I could say I'm leaving *The Street* because I've always wanted to be a singer and I want to be respected. But to be honest I'm just doing it because I reckon it'll be a bit of a laugh !" Good on yer, Adam!



Looking great

She may be old enough to be your mum, but Madonna's still the ultimate material girl in her sleek, stylish and snuggly *faux* fur jacket...

Looking a state

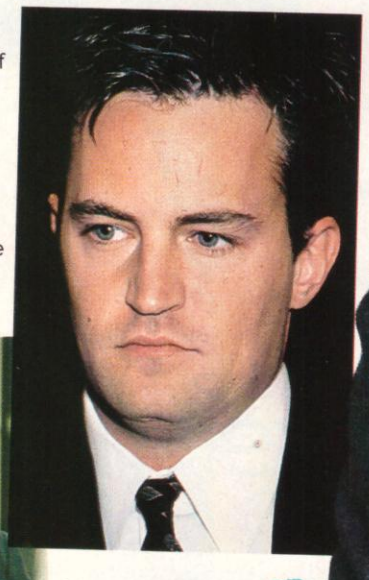
But you'd run a mile if Cher was your mum. Especially dressed in those old painting trousers and the kind of hat you'd wear to Ascot!

Is Matt too fat?

★ Matthew Perry's been facing a barrage of cruel jokes about his recent weight gain. Last summer, the *Friends* star lost a lot of weight and went into rehab because of an addiction to painkillers. A friend said, "When he started to eat again everyone was overjoyed, but then he didn't stop."

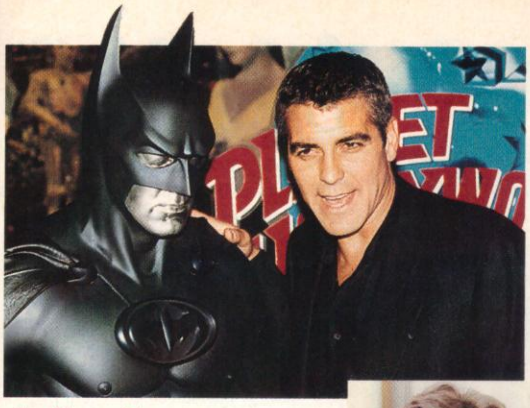
Now Matt's had enough of all the 'Fat-hew Perry' headlines splashed across the papers, and is determined to get back into shape by going for rigorous workouts at the gym.

While he's happy to make the jokes, it looks as if he's sick of being the butt of them.

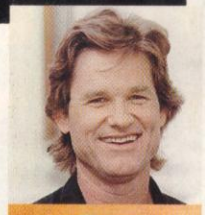


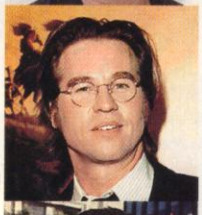
the moody rocker, she had his name tattooed on her ring finger, but even though they've split up, she couldn't face having painful laser treatment to have it removed. So, she's had 'Tommy' altered to

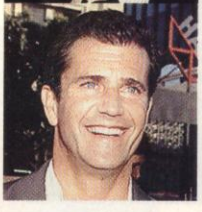
'Mommy'. Awww! ★ ★ ★ **Sporty Spice** almost missed out on being a Spice Girl when she lost her voice on the day of her audition! Apparently she had tonsillitis and her mum had to call the



Holy gossip!



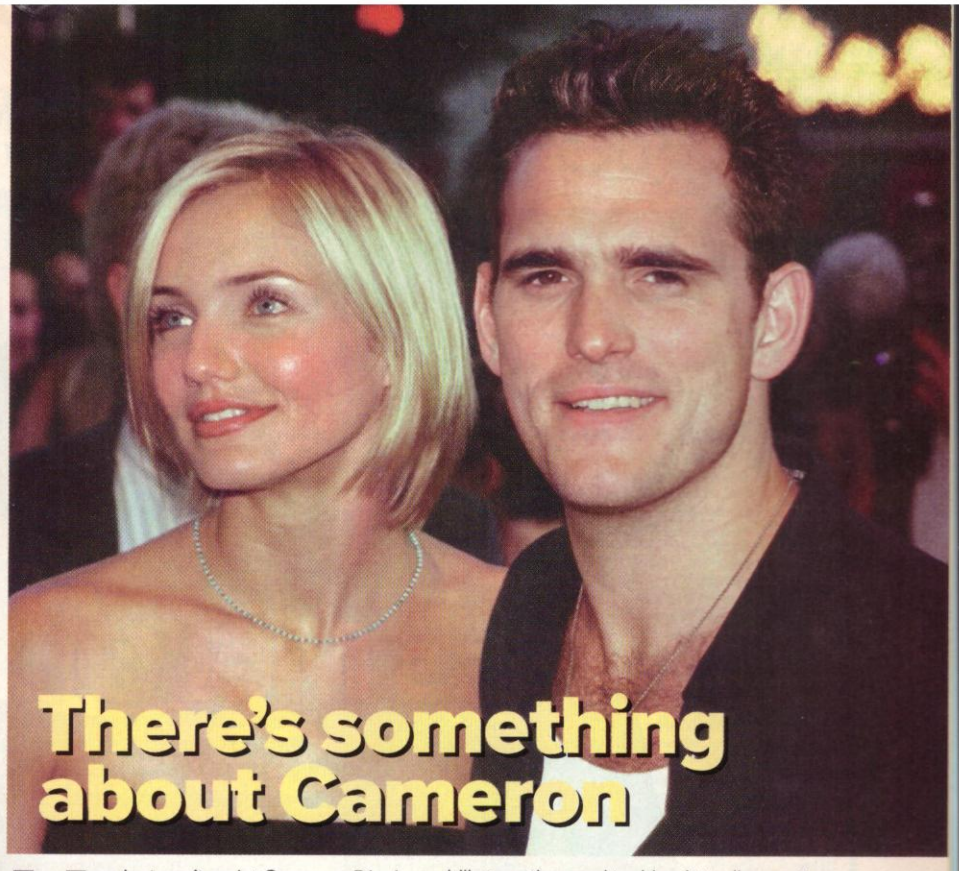




The real identity of Batman has always been a mystery to the people of Gotham City, but the actor who'll play the role in the next movie is just as much of a riddle.

Despite George Clooney being signed to do another film, it's rumoured that Kurt Russell and Val Kilmer are also being considered.

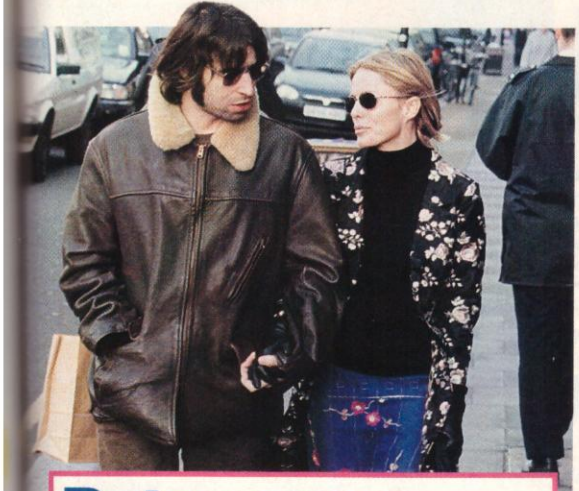
Another rumour tips Mel Gibson as the next Caped Crusader. Filming is said to be taking place in Mel's home country, Australia and word has it he's set to earn big bucks if the flick's a success. It all sounds bats to us.



There's something about Cameron

Men just can't resist Cameron Diaz! Ever since her split with Matt Dillon, there have been rumours-a-go-go about her love life.

First came the heart-breaking news that she was seeing **Sugar** favourite Jared Leto. The pair supposedly met while auditioning for the film *American Psycho* last August and have been spotted hiking in the Hollywood hills together and tucking into dinner at various trendy LA eateries. Hot on the heels of that particular piece of gossip though, comes the news that Cameron's back with Matt. But only after the smart cookie made him agree to put £500,000 into a bank account for her so that if she catches him womanising again she walks away with a huge wad of cash! You tell him girl!



Patsy goes home to Liam

After four months of separation, Patsy Kensit has finally moved back in with hubby, Liam Gallagher. She left their home after a series of rows last September, and some thought the marriage was over. Now Liam's said to be "over the moon" to have his girl back and friends reckon he's calmed down a lot since the split. We'll wait and see, eh?

Geri's chart return?

She may have quit the band last year, but Geri Halliwell has turned to the Spice Girls' songwriters to help launch her solo pop career.

Apparently, the one they used to call Ginger has been secretly working with the people who wrote Spice Girls hits like *Wannabe*, *Viva Forever* and *Spice Up Your Life*.

Geri's hoping to release a song at the end of the year. Perhaps her new sounds won't be so different to the Spice Girls' stuff after all.

They said whaaat?!

"It's hard when you're home for a bit and your mum tells you to do the washing up."

Shaznay on living with fame

"All the time I'm shaking in my shoes. I don't do gags, I'm not an actress, I'm not a singer, I'm just me and that's what they asked me to be. I'm frightened most of the time."

Melanie Sykes on her fear of live TV

"I leave messages on the answer phone so they can hear my voice, but I still miss them like crazy."

Meg Matthews on how much she pines over her pets while she's away.

Photos: BIG, PA, All Action, LFI, Rex, Alpha.

record company and cancel their meeting. Luckily they let her go back another day. The rest, as they say, is history!

★★★ Poor **Denise Van Outen** had one heck of a fright the other morning. Making the most of her new-found late morning

lie-ins, she woke up thinking she was lying next to her boyfriend, **Jay Kay**. She snuggled up closer to him, only to discover she was actually sharing the bed with their dog! "It had really bad breath!" she added.

We don't like to **gossip** but...

Kiss Mel Quick!

Seems Mel C, the only Spice Girl who's young, free and single, is certainly making the most of it. Not only has her name been linked with crinkly crooner Bryan Adams and *Blur*'s Damon Albarn, but now she's busy swapping saliva with soap stars.

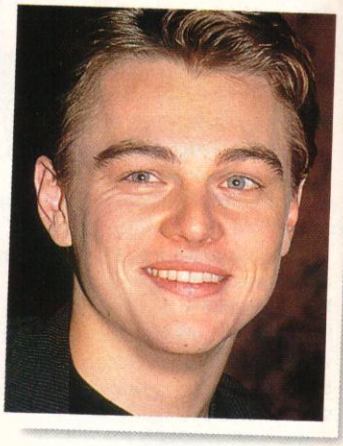
Mel was spotted indulging in a spot of tonsil hockey with Paul Byatt, *Brookside*'s Mike Dixon, in a Liverpool nightclub. The couple apparently shocked onlookers by openly smooching until well into the early hours. Ooh-er missus!

Leonardo DiCupido

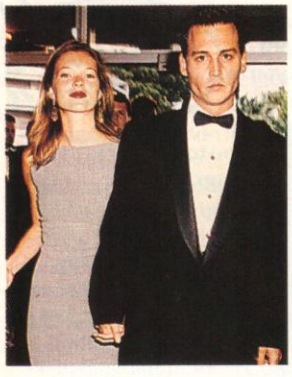
★ Leonardo DiCaprio has played a real-life cupid and fixed up his actor pal, Dash Mihok, who he worked with on *Romeo & Juliet*, with singer Alanis Morissette.

It seems Leo thought the pair would be perfect for each other and now the loved-up couple are practically joined at the hip. "We couldn't be any more in love, it feels like we're married in our hearts!" Alanis gushed recently.

If a wedding *is* planned, we reckon Leo should probably land best man for his troubles!



Our Kate's got ex-appeal!



So, what's the deal with Johnny and Kate, then? Despite splitting up last year, the old flames were recently seen nattering the night away at a swanky London bash. Was it just a polite catch-up or something more hot and heavy?

Since their break-up, Johnny has spoken openly about his feelings for Kate. "I blew it with her," he's said. "A big part of me misses her and I keep wondering why we aren't still together starting a family." What will Johnny's pregnant girlfriend, Vanessa Paradis, think about *that*?

Reason to be cheerful

★ Ever been criticised for your lack of vocal talent? Then, take heart. Gwyneth Paltrow's made an album of karaoke numbers! It's the soundtrack of her next film, *Duets* and, if you've seen *My Best Friend's Wedding*, you'll know how it might sound. Even Gwyn herself describes the sound as "funny".

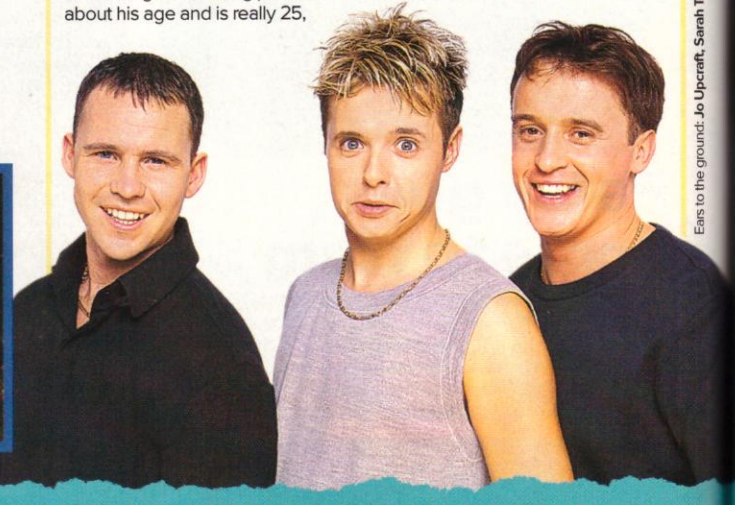
Another reason to beware... model Caprice is making an album, too!

Naughty naughty 911

Back in January, **Sugar** revealed that Jimmy from *911* had admitted trimming a couple of years off his age and was actually 27, and not the 25 he pretends to be.

Now it seems that Lee's also been caught out telling porkies about his age and is really 25, although he claims to be 23. Good old Spike is the only member of the band not lying. He really is 24.

So, if you see three zimmer frames zooming your way, you know which boy band will be behind them!



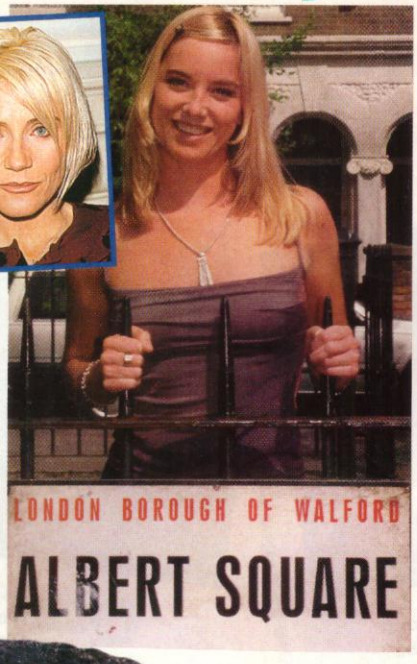
Ears to the ground: **Jo Upcraft, Sarah Tomczak.** Photos: **Big, London Features, Rex, Alpha, Retna, Sportsphoto.**

★★★ Poor *Ally McBeal* star **Calista Flockhart** is fed up with being single and hearing about her friends' love lives.

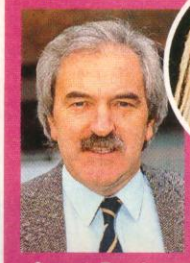
Courtney Thorne Smith, who plays Georgia in the programme, has been enthusiastically planning her wedding and Calista's just about had enough of her loved-up attitude. Courtney's been told by the series' producers to keep her plans under wraps, so as not to annoy Cal. Well, really!

Ooh, bitchy!

Former *EastEnders* star Michelle Collins, who played scheming Cindy Beale, has been laying into the soap's new characters. She reckons the new cast is, "too pretty" and that *EastEnders* is getting too much like *Hollyoaks*. "*EastEnders* should be a gritty, down-to-earth drama," Michelle ranted. "I hope it doesn't loose it's edge." Miaow!



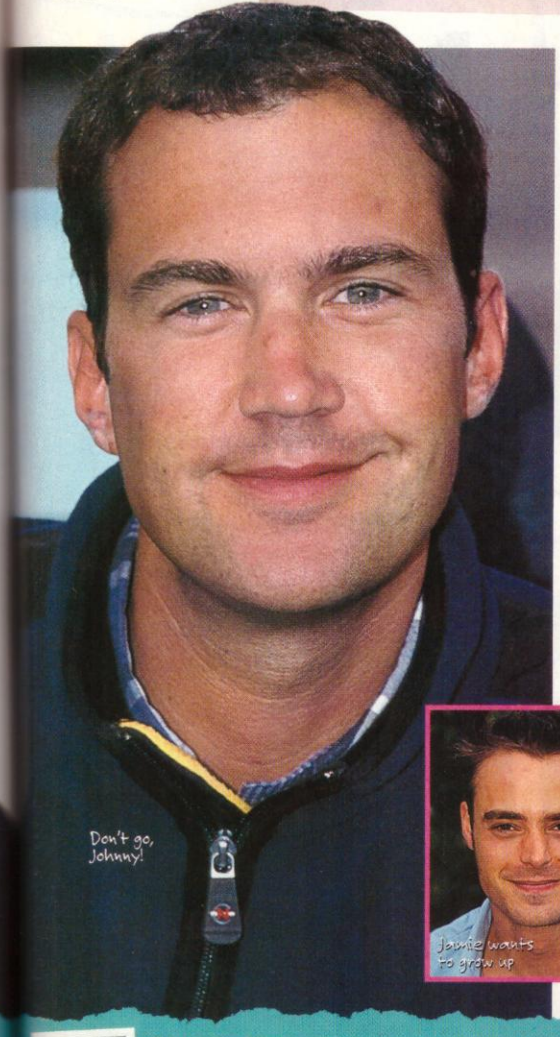
Who fancies who?



Believe it or not, the crumbly face of sport, Des Lynam, has the hots for Faye from Steps! He played one of their records on his Radio 2 show, then admitted: "I don't half fancy the blonde one. I think she's called Faye. Mind you, I don't suppose I stand much chance!" Dead right, there, Des.

Even so, love has blossomed between some of the Steps members. 'Tis true! Lee and Claire have been spending all their days off together and have become something of an item!

Ain't love grand!



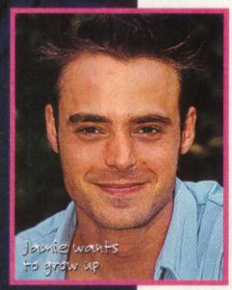
Is Johnny gonna quit?

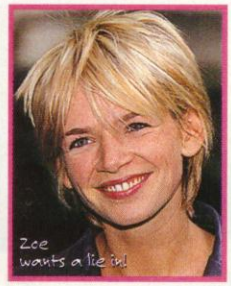
First Denise Van Outen left *The Big Breakfast*, and now it seems that the lovely Johnny Vaughan might follow in her footsteps. US studio bosses are literally falling over each other in an attempt to sign him up.

Madonna, who's been a huge fan ever since Johnny interviewed her for Channel Four, has been championing his cause in the States. Johnny revealed: "I've got quite a few offers and I'm looking into them. *The Big Breakfast* really suits me, but where do you go to with British television?"

And it's not just Johnny who's thinking of trying something new. Other telly stars rumoured to be on the move are *Live And Kicking*'s Zoe Ball and cheeky chappie, Jamie Theakston. Apparently, Jamie wants to move on to 'older things' and has been approached by Radio One, while poor old Zoe's worn out from all her early mornings. Bosses at the BBC are so desperate to keep Zoe on, they're trying to create other shows for her.

Mornings just wouldn't be the same without her, would they?





★★★ Things aren't looking good for ex-Take That star **Mark Owen**. Apparently, his latest demo has been scrapped, leading to rumours that he could face being dropped by his record company.

★★★ **Alicia Silverstone** has revealed that her favourite snack is, get this, apricot baby food. Urgh!

Sugar

3rd Floor, 17 Berners Street, London W1P 3DD

Telephone
Editorial 0171 664 6440
Editorial fax 0171 636 5055
Advertising 0171 664 6500
Advertising fax 0171 436 2909

Editor Sarah Pyper
Art Director Ian Pollard
Deputy Art Editor Deborah Peters
Designer Sarah Edwards
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Managing Director Neil Raaschou
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Sugar competitions
Rules of entry

1 Competitions are only open to residents of GB and Ireland. Employees of Attic Futura and their families are not eligible to enter. **2** Competitions in this issue open December 16 and close January 17 1999 unless stated. Entries received after this date will be ineligible. **3** Winners will be drawn the day after the closing date. A full list of winners can be obtained by writing to **Sugar**. **4** Entries must be on the back of an envelope or postcard (unless otherwise specified), with the name and address of the entrant clearly printed. **5** While every effort is made to ensure prizes are consistent with those offered, we reserve the right to change the prizes in the event of unforeseen circumstances. **6** Entrants may enter as many times as they wish. Each entry must be on a separate envelope or postcard. **7** Each competition has the prizes on offer clearly listed on the page. **8** Competitions are run by **Sugar** Ltd, 17 Berners St, London W1P 3DD.

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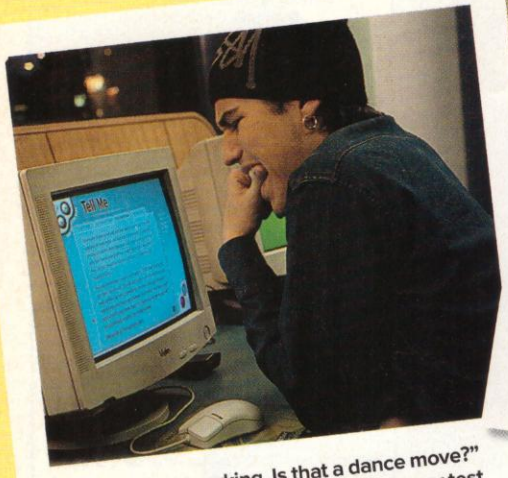
The Sugar challenge

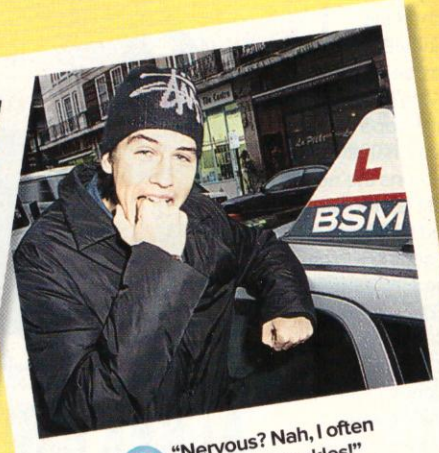
Name: Kavana **Occupation:** Pop star

Mission: To survive a driving lesson

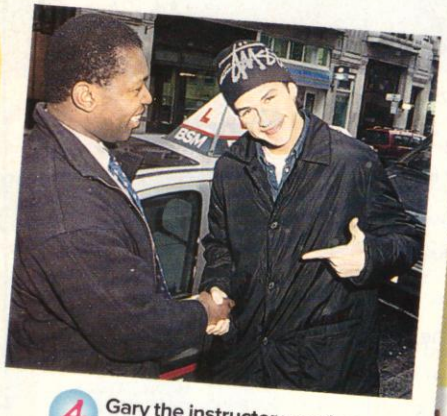


1 "Parallel parking. Is that a dance move?" Kavana gets to grips with the theory test.

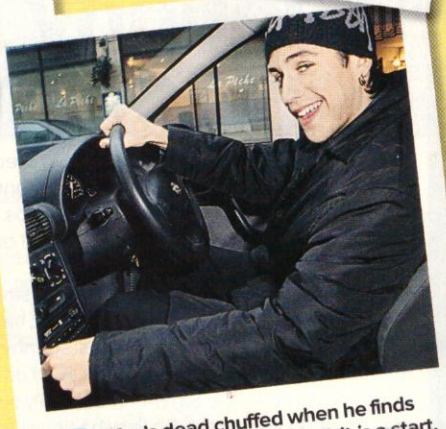
2 Kav hits the simulator... and an unlucky cyclist.



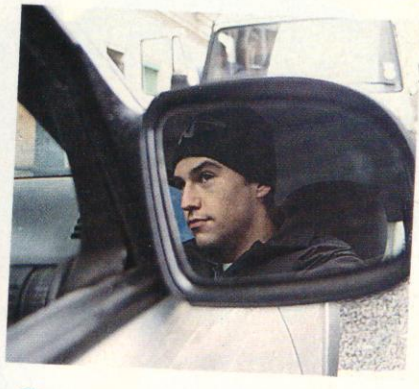
3 "Nervous? Nah, I often nibble me knuckles!"



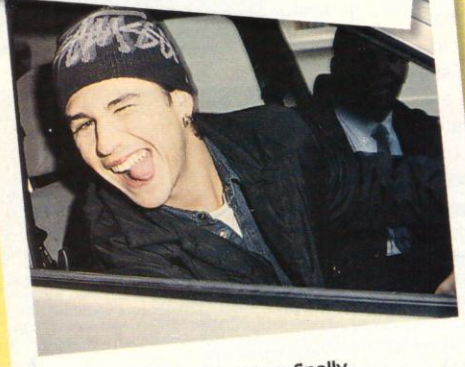
4 Gary the instructor wonders if Kavana's dodgy finger might make driving difficult.



5 Kav's dead chuffed when he finds the steering wheel. Well, it *is* a start.

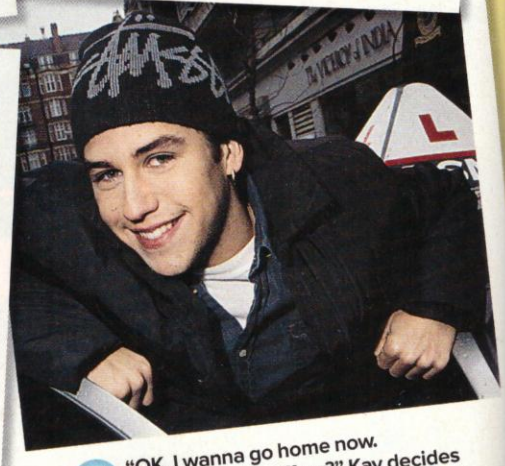


6 Yes, yes, very mean and moody. But isn't it about time you actually started driving the blimmin' thing?



7 The terror finally gets to our hero.

8 Gary breaks the terrible news that Kav isn't quite ready to reverse round corners just yet.



9 "OK, I wanna go home now. Where's my chauffeur?" Kav decides to leave driving to the experts. Phew!

Photos: Giles I, of a girl: Charlotte Richards.

Only the bravest celebs dare to take the Sugar challenge. Watch out for another sucker, err star, next month!

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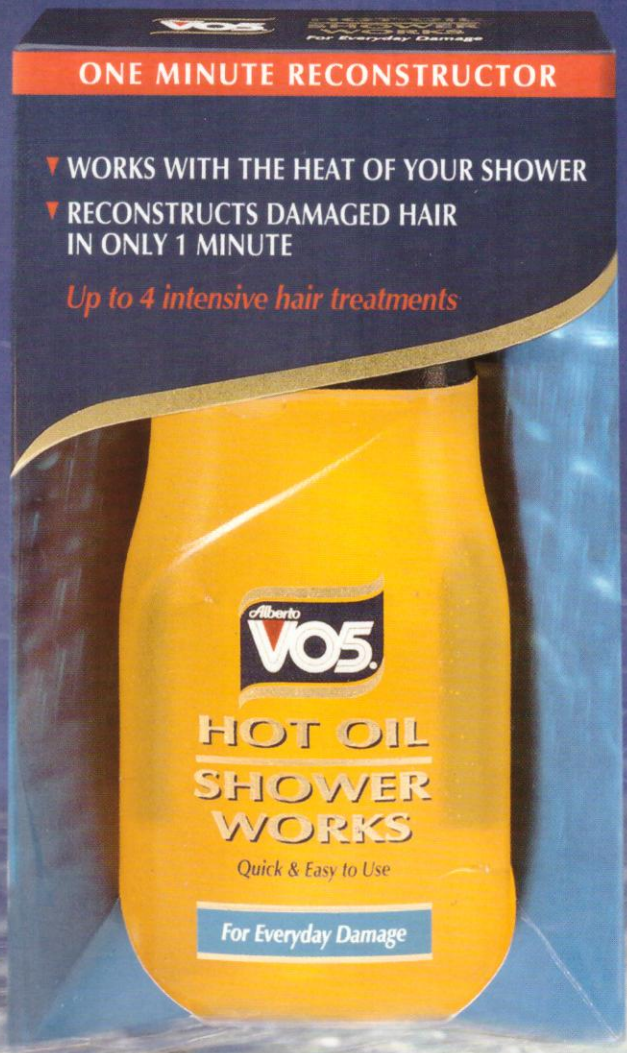
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